



More Than Food
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Paella de Verduras de Temporada con Frijoles AKA Seasonal Veggie Paella

The Spanish are considered to be very passionate, especially when it comes to their food! Traditional paellas come in many forms, but most can be easily recreated in your own kitchen. Our newest Fresh Farm Veggie Paella encompasses delicious spices, seasonal vegetables (including our lovely wild mushrooms) and kidney beans to make this a well rounded meal, packed full of plant proteins! Place this beautiful and comforting dish right in the middle of your dinner table because after all, this communal style of eating is the best and most traditional way to enjoy it!

35 mins

lactose free

vegan

gluten free



Garlic Clove (2)



Onion (1)



Red Pepper (1)



Button Mushrooms
(1 punnet)



Organic Kidney
Beans (1/2 tin)



Flat Leaf
Parsley (2 tbsp)



Vegetable Stock
Pot (1)



Arborio Rice
(2/3 cup)



Smoked Paprika
(1 1/2 tsp)



Turmeric
(1/2 tsp)



Tomato Purée
(1 tbsp)



Peas (1 cup)



Lemon (1/2)




Black Olives (30g)

Ingredients

2 PEOPLE ALLERGENS

Garlic Clove, chopped	2	
Onion, chopped	1	
Red Pepper, chopped	1	
Button Mushrooms, chopped	1 punnet	
Organic Kidney Beans	½ tin	
Flat Leaf Parsley, chopped	2 tbsps	
Vegetable Stock Pot	1	Celery
Arborio Rice	⅔ cup	
Smoked Paprika	1½ tsp	
Turmeric	½ tsp	
Tomato Purée	1 tbsps	Sulphites
Peas	1 cup	
Lemon	½	
Black Olives, chopped	30g	

Nutrition per serving: Calories: 532 kcal | Protein: 21 g | Carbs: 100 g | Fat: 6 g | Saturated Fat: 1 g

 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

The world's largest paella was made in 2001 in Valencia and fed 110,000 people!



1

1 Peel and finely chop the **garlic** and **onion**. Remove the stalk and the core from the **red pepper** and chop it into ½cm squares. Roughly chop the **mushrooms**. Drain and rinse the **kidney beans**. Remove the **parsley** leaves from their stems and roughly chop them.



2

2 Heat 1 tbsps of **olive oil** in a medium-sized frying pan over medium-high heat. Add the **garlic** and **onion**. Gently fry for 1 minute or until soft. Add the **red pepper** and **mushrooms**. Gently fry for a further 2-3 mins or until soft.

Tip: Add a splash of white wine if you have it to help add another dimension to this dish!



4

3 Boil some water in a kettle. Place the **vegetable stock pot** into a measuring jug. Add 400ml of boiling **water**. Stir until it's dissolved.



5

4 Add the **rice**, **smoked paprika** and **turmeric** to your **pepper** and **onion** mix in the pan. Stir to coat and mix the ingredients.

5 Pour in the **stock**. Add the **kidney beans**, half of the **parsley**, the **tomato purée**, **peas** and ¼ tsp of **salt**. Stir to combine and dissolve the **tomato purée**. Reduce the heat to medium-low and cook for about 20 mins.

Tip: Don't be tempted to stir too much - good paella always has a crusty bottom (it's what's known as the 'socarrat')!

6 Cover the pan with a lid for 5 mins before the end of cooking. **Tip:** If you don't have a lid for your pan, you can use a big plate. Be careful when you take the plate off, it'll be hot! After this time, check the liquid has all soaked up and take the paella off the heat. Leave the lid on for a further 5 mins. While you're waiting, slice the **lemon** into wedges (you'll only really need to use half of it) and chop the **olives**.

7 Serve by garnishing with your remaining **parsley**, wedges of **lemon** and the **olives** scattered over the top. Go for it!