



King Prawn and Mussels Paella

with Veggie 'Nduja, Lemon and Parsley

Seafood Special 35-40 Minutes • **Very Hot** • 2 of your 5 a day

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Basmati Rice



Garlic Clove



Onion



Lemon



Flat Leaf Parsley



Bell Pepper



King Prawns



Garlic & White Wine
Scottish Mussels



Tomato Puree



Red Wine
Stock Paste



Vegan 'Nduja



Wild Rocket

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Honey, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Saucepan, lid, garlic press, fine grater, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Basmati Rice	150g	225g	300g
Garlic Clove**	2	3	4
Onion	1	1½	2
Lemon**	1	1½	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Bell Pepper***	1	1½	2
King Prawns** 5)	150g	225g	300g
Garlic & White Wine Scottish Mussels** 6) 7)	500g	750g	1000g
Tomato Puree	30g	45g	60g
Red Wine Stock Paste 14)	28g	42g	56g
Vegan 'Nduja	½ sachet	¾ sachet	1 sachet
Wild Rocket**	40g	60g	80g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Sugar*	½ tsp	1 tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	795g / 2993 / 715	100g / 377 / 90
Fat (g)	21.8	2.7
Sat. Fat (g)	9.8	1.2
Carbohydrate (g)	99.4	12.5
Sugars (g)	24.0	3.0
Protein (g)	33.6	4.2
Salt (g)	5.20	0.65


Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

5) Crustaceans 6) Molluscs 7) Milk 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

 You can recycle me!

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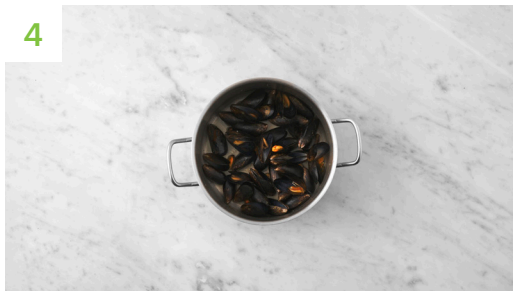


1 Cook the Rice

Pour the **water for the rice** (see pantry for amount) into a medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



4 Cook the Mussels

While everything cooks, add the **mussels** and their **liquid** to a large saucepan with a tight-fitting lid on high heat. Bring to the boil.

Pop the lid on and turn the heat down to medium-high. Cook until piping hot, 5 mins.

IMPORTANT: Mussels served in shell, beware of sharp edges or broken shell. Discard any that do not open. Ensure they're piping hot throughout.

Meanwhile, in a medium bowl, add the **sugar** and **olive oil for the dressing** (see pantry for both amounts) with a squeeze of **lemon juice**. Season with **salt** and **pepper** and mix well. Set aside for later.



2 Time to Prep

In the meantime, peel and grate the **garlic** (or use a garlic press). Halve, peel and thinly slice the **onion**.

Zest and halve the **lemon**. Roughly chop the **parsley** (stalks and all).

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Drain the **prawns**. **IMPORTANT: Wash your hands and equipment after handling raw prawns.**



5 Flavour Time

Once the **veg** and **prawns** are cooked, stir through the **tomato puree** and **garlic**. Fry for 1 min more.

Next, add the **red wine stock paste**, **vegan 'Nduja** (see ingredients for amount, add less if you'd prefer things milder), **honey** and **water for the sauce** (see pantry for both amounts). Simmer until thickened slightly, 2-3 mins.

Once slightly thickened, take off the heat and mix in a good squeeze of the remaining **lemon juice**, a pinch of the **zest** and the **butter** (see pantry for amount).

Gently fold in the **cooked rice** and **half the parsley**.



3 Get Frying

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **pepper** and **onion** to the pan. Fry until starting to soften, 2-3 mins.

Add the **prawns** and stir-fry until the **prawns** are cooked through and the **veg** is tender, 5-6 mins. **IMPORTANT: The prawns are cooked when pink on the outside and opaque in the middle.**



6 Finish and Serve

When everything's ready, toss the **rocket leaves** through the **lemon dressing**.

Share your **paella inspired rice** between your bowls. Spoon your **mussels** out of their **cooking liquid** and arrange over the top of the **rice**.

Spoon over a couple of spoons per person of the **cooking liquid** and discard the rest. Sprinkle over the remaining **parsley**.

Serve with a handful of your **dressed rocket** and any remaining **lemon** cut into wedges for squeezing over to finish.

Enjoy!