



## Traditional Vegetable Paella

One of our most popular dishes - it is packed full of healthy, tasty ingredients. The famous Spanish flavour is created from turmeric and paprika spices. Those same spices also create the vibrant colour of the dish. Nourishing and tasty, paella has held a place of honor in Spanish homes for centuries. After eating this dish, you'll feel the same!

### Ingredients

- Tomato
- Onion
- Courgette
- Garlic
- Pepper
- Lemon
- Arborio Rice
- Vegetable Stock Cube
- Spice Mix
  - Turmeric
  - Paprika

### Your Pantry

- Olive Oil

### Nutritional Info

Calories: 428 kcal  
Carbohydrates: 89 g  
Protein: 10 g  
Fat: 3 g

### Allergens


Celery (Stock Cube)  
Stock cube may contain traces of Egg, Soya & Mustard

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) **Prepare the vegetables**

Chop the tomato, onion and courgette. Crush the garlic. Remove the core from the pepper and slice thinly.

### 2) **Make the stock**

Combine 300 ml (per person) of boiling water with the stock cube.

### 3) **Cook the vegetables & Rice**

Heat the olive oil in a large pan and gently fry the onion and garlic for 3-4 minutes until soft. Add the pepper, tomato, courgette and spice mix. Continue to cook for a further 3-4 minutes, then stir in the rice. Make sure to coat the rice in the oil and delicious juices!

### 4) **Add the stock**

Pour the stock over the rice. Bring to a gentle simmer and cook, part covered, until the rice is tender and moist and the stock has reduced [about 15 minutes], adding a splash of water if the rice is drying out.

### 5) **Plate the dish**

To serve, stir in the lemon juice to taste and pile onto a serving plate.



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