

COOKING UP

VEGGIE PAELLA

Fresh and vibrant, this Spanish-inspired dish is packed full of flavour.

SERVES 4 

INGREDIENTS

2 tablespoons vegetable oil
1 large onion
1 large red pepper
2 courgettes
3 garlic cloves finely chopped/minced
½-1 teaspoon chilli powder
2-3 teaspoons smoked paprika
200g paella rice
320g baby tomatoes
1 vegetable stock cube
200g frozen peas
20g fresh parsley
1 lemon to serve
Salt and pepper

EQUIPMENT

Knife
Measuring spoons
Wooden spoon
Chopping board
Measuring jug
Large sauté pan or shallow casserole dish

ALLERGENS

None

TIP

Swap the vegetables according to your taste or what's available.



METHOD

- 1 Peel the onion and dice finely. Prepare the pepper: place the pepper on its side and trim off the top and bottom. Now stand the pepper up and make a cut down its side. Place it back on its side and roll it open, running your knife along the inside to remove the core, seeds and pith. Slice into strips. Prepare the courgettes: Slice off the ends and then cut lengthways into 3. Chop these strips into batons.
- 2 Heat the vegetable oil in the pan and add the onion, pepper and courgette. Cook for 5-6 minutes or until softened.
- 3 While the vegetables are cooking, place the garlic cloves on a chopping board and squash with the back of a wide-bladed knife; remove the skin and chop finely. Next, slice the baby tomatoes in half.
- 4 Add the garlic to the pan and cook for a further couple of minutes. Next, add paprika to the pan and rice and stir to coat the vegetables.
- 5 Put the stock cube in the measuring jug and add 700ml boiling water. Stir to dissolve. Add the tomatoes and stock to the pan and season with salt and pepper. Heat until bubbling, simmer, for approximately 18 minutes until the rice is tender and the stock is almost completely absorbed. Add the frozen peas for the last 5 minutes of cooking.
- 6 While the paella is cooking, remove the parsley from the stalks and chop finely. Chop the lemon into 4 wedges.
- 7 Take the paella off the heat and scatter with chopped parsley. Serve with the lemon wedges.

This recipe is adapted from a The Doctor's Kitchen recipe.



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