

# Veggie Paella

Serves 3-4



A little olive oil

1 onion, finely chopped

2 cloves garlic, crushed

1 vegetable stock cube

A few strands of saffron, dissolved in a little hot water or 1 tsp turmeric

2 teaspoons of smoked paprika

4 tbsps tinned chopped tomatoes or 2 fresh tomatoes, deseeded & chopped

150g rice \*

Any veggies you fancy. I'd suggest ...

- ½ a red, ½ a green and ½ a yellow pepper
- A sweet potato (peeled and chopped)
- A few asparagus spears
- A few green beans and/or some frozen peas

A good handful of chopped parsley

A lemon

\* Ideally use paella rice, a Spanish short grain rice. Don't use Italian Arborio rice which is for risotto rather than paella. If on a budget, you can even use cheap 'basics' rice, it works fine.

Heat the oil and gently fry the onion and garlic for a few mins on a low heat so they go soft but not brown.

Make 500ml of stock using the cube and add in the turmeric (if using).

Add the tomatoes, rice and smoked paprika into the frying pan, stir well and cook for a minute or two.

Pour in a bit of the stock and the saffron and stir well to stop the rice sticking. Add the veggies that will take the longest to cook (e.g. peppers and sweet potatoes) and the rest of the stock.

Turn down and cook gently, stirring from time to time, until the water is all absorbed (about 20 mins). Add the softer vegetables (e.g. beans, asparagus and/or peas) about half way through.

Remove from the heat and let it stand a minute. Zest and squeeze the lemon over it, stir in and add the chopped parsley before serving.