



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: SAFFRON

Saffron is an extremely labor-intensive crop making it one of the most precious spices in the world.



1. SEAFOOD PAELLA

A Spanish rice dish using wholesome brown rice flavoured with garlic and saffron, tossed with a mix of seafood pieces from Catalano's.

 30 Minutes

 2 Servings

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
39g	9g	39g

2 March 2020

FROM YOUR BOX

BROWN RICE	150g
BROWN ONION	1/2 *
SAFFRON	1/2 packet
GARLIC	1 clove
RED CAPSICUM	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
CORN COB	1
SEAFOOD MARINARA MIX	1 packet
CHIVES	1/2 bunch *
LEMON	1/2 *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, smoked paprika

KEY UTENSILS

saucepan, large frypan

NOTES

The seafood mix doesn't need long to cook, once the fish pieces are cooked you can toss in the rice.

No fish option - seafood marinara mix is replaced with diced chicken breast fillet. Add chicken to pan along with onion.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



2. SAUTÉ THE ONION

Heat a frypan over medium heat with **oil**. Slice and add onion along with saffron threads and **1 tsp paprika**. Crush in 1 garlic clove. Cook for 3-4 minutes until softened.



3. ADD THE VEGETABLES

Slice capsicum and halve tomatoes. Remove corn from cob. Add to pan as you go. Cook for 5 minutes until softened.



4. ADD SEAFOOD MIX & RICE

Rinse seafood mix and add to pan. Cook for 3-4 minutes or until cooked through (see notes). Toss cooked rice into pan and stir to combine. Season to taste with **salt and pepper**.



5. FINISH AND PLATE

Divide paella among plates. Garnish with sliced chives and wedged lemon.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

