



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. SPANISH SAFFRON PAELLA

A Spanish rice dish using wholesome brown rice flavoured with garlic and saffron, tossed with jackfruit pieces.



30 Minutes



2 Servings



Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
15g	28g	117g

2 March 2020

FROM YOUR BOX

BROWN RICE	150g
CHIVES	1/2 bunch *
LEMON	1/2 *
VEGAN MAYONNAISE	1/4 cup *
GARLIC	2 cloves
BROWN ONION	1/2 *
SAFFRON	1/2 packet
PAPRIKA	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
CORN COB	1
JACKFRUIT	1 packet

* Ingredient also used in another recipe

FROM YOUR PANTRY

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

KEY UTENSILS

saucepan, large frypan

NOTES

You can stretch this dish out with some roast sweet potato or other veggies such as mushrooms and zucchini!



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. PREPARE THE TOPPINGS

Slice chives and wedge lemon. Combine 1/4 cup mayonnaise with 1 small crushed garlic clove and **1-2 tsp water** to reach a runny consistency. Set aside.



3. 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.



4. ADD THE VEGETABLES & JACKFRUIT

Slice paprika and halve tomatoes. Remove corn from cob. Drain and roughly chop jackfruit. Add to pan as you go. Cook for 5 minutes until heated through.



5. TOSS IN RICE

Toss cooked rice into pan and stir to combine. Season to taste with **salt and pepper**.



6. FINISH AND PLATE

Divide paella among plates. Drizzle with mayonnaise and garnish with chives. Serve with lemon wedge.

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.

