



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

 4 Servings

 Plant-based

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
15g	16g	116g

2 March 2020

## FROM YOUR BOX

BROWN RICE	300g
CHIVES	1/2 bunch *
LEMON	1/2 *
VEGAN MAYONNAISE	1/4 cup *
GARLIC	3 cloves
BROWN ONION	1/2 *
SAFFRON	1 packet
PAPRIKAS	2
TOMATOES	2
CORN COBS	2
JACKFRUIT	2 packets

\* 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 **2 tsp paprika**. Crush in 2 garlic cloves. Cook for 3-4 minutes until softened.



### 4. ADD THE VEGETABLES & JACKFRUIT

Slice paprikas and dice tomatoes. Remove corn from cobs. 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.