



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Parsley

Your box contains flat-leaf parsley, also known as Italian parsley. There's another type on the market, too; curly-leaf parsley. Which is your favourite?



1 Cheat's Paella with Paprika Fish

All the goodness of real paella, but much quicker and 100% family-friendly! Fibre-packed green beans, tomato sauce, smoked paprika, soft basmati rice and fried fish, served with a squeeze of lemon juice.

 30 minutes

 2 servings

 Fish

23 April 2021

Make it authentic

Add saffron when cooking, and serve with a drizzle of aioli for an authentic flavour combination.

FROM YOUR BOX

BASMATI RICE	150g
SHALLOT	1
TOMATO PASTE	1 sachet
GARLIC CLOVE	1
GREEN CAPSICUM	1/2 *
GREEN BEANS	1 bag (150g)
CHOPPED TOMATOES	400g
WHITE FISH FILLETS	1 packet
PARSLEY	1/2 bunch *
LEMON	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin

KEY UTENSILS

2 large frypans, saucepan

NOTES

For extra flavour, add 1 tsp lemon zest.

If you prefer, flake fish and stir through rice just before serving.

You can serve with a dollop of yoghurt from this week's beef nachos recipe if desired.

No fish option – white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4–5 minutes on each side or until cooked through.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water. Cover with lid, cook over low heat for 10–15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



2. COOK THE SHALLOT

Heat a large frypan with **1 1/2 tbsp oil** over medium–high heat. Slice and add shallot with **2 tsp paprika and 1 tsp cumin**. Fry for 5 minutes until shallot has softened. Stir through tomato paste and crushed garlic.



3. ADD THE VEGETABLES

Dice capsicum and slice beans into 3cm pieces. Add to pan as you go with tomatoes (see notes). Semi-cover and simmer for 8–10 minutes.



4. COOK THE FISH

Heat a second frypan over medium–high heat. Rub fish with **1/2 tsp paprika** (optional), **oil, salt and pepper**. Cook for 3–4 minutes each side or until cooked through.



5. FINISH THE PAELLA

Chop the parsley. Add cooked rice and half the parsley to the frypan with the tomato mix. Stir well to combine. Season with **salt and pepper** (see notes).



6. FINISH AND PLATE

Wedge lemon.

Serve paella in bowls topped with a piece of fish, a lemon wedge and a sprinkle of the remaining parsley (see notes).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

