



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

 4 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	300g
RED ONION	1
TOMATO PASTE	1 sachet
GARLIC CLOVES	2
GREEN CAPSICUM	1
GREEN BEANS	1 bag (250g)
CHOPPED TOMATOES	400g
WHITE FISH FILLETS	2 packets
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

Use the rice tub to easily measure the right amount of water.

For extra flavour, add 1 tsp lemon zest.

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

**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 (see notes). 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 ONION

Heat a large frypan with **3 tbsp oil** over medium-high heat. Slice and add onion with **1 tbsp paprika** and **1/2 tbsp cumin**. Fry for 5 minutes until onion 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 and **1/2 tin water** (see notes). Simmer for 8–10 minutes.



### 4. COOK THE FISH

Heat a second frypan over medium-high heat. Rub fish with **1 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.

**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](mailto:hello@dinnertwist.com.au)

