



Product Spotlight: Sweet Corn

Corn is an unusual food, falling into not just one food category but two. While the kernels are classified as a vegetable, if you dry them and make popcorn, they are considered a grain!



Spanish Paella

with Smoked Sausage

A delicious Spanish one-pot rice dish with smoked sausage, bursts of sweet corn and a squeeze of lemon to finish.



30 minutes



4 servings



Pork/Beef

Spice it up!

If you have some saffron in the pantry, add it to the sausage as it cooks. Finish the paella with a drizzle of garlic aioli.

Per serve: **PROTEIN** 19g **TOTAL FAT** 6g **CARBOHYDRATES** 85g

FROM YOUR BOX

ARBORIO RICE	300g
CORN COBS	2
GREEN BEANS	1 bag (250g)
RED CAPSICUM	1
TOMATOES	2
PARSLEY	1 packet
BROWN ONION	1
HOT LINK SAUSAGES	1 packet
GARLIC CLOVE	1
LEMON	1

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, saucepan

NOTES

The sausage can have a little spice. If you're sensitive to heat, cook the sausage and serve it on the side instead of stirring through the rice.



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1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 8-12 minutes, or until tender. Drain and rinse.



2. PREPARE THE VEGETABLES

Remove corn from cobs. Trim and halve beans. Slice capsicum and chop tomatoes. Roughly chop parsley. Keep separate.



3. COOK THE SAUSAGE

Slice onion and sausage (see notes). Add to a frypan over medium-high heat with oil. Stir in 1 **tbps** smoked paprika and 2 **tsp** turmeric (add more oil if needed). Cook for 5 minutes until softened.



4. ADD THE VEGETABLES

Add corn, beans, capsicum and tomatoes to pan. Crush in garlic clove and cook for 5 minutes until softened.



5. STIR IN THE RICE

Add cooked rice to pan and stir through until well coated. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Divide rice among bowls. Garnish with chopped parsley and serve with lemon wedges.

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

