



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Parsley

A sprig of parsley can provide much more than a garnish! Parsley is an excellent source of vitamin K, essential for healthy bones and blood clotting.



K2 Spanish Mushroom Paella

Shredded mushrooms, sweet corn and olives make this paella a great weeknight dinner. Combined with nutty brown rice and finished with a crispy pepita, parsley and lemon garnish.



25 minutes



2 servings



Plant-Based

9 September 2022

Spice it up!

Add some saffron and garlic to the pan with the aromatics to make a more traditional paella. A drizzle of plant-based garlic aioli would also be a lovely addition when serving.

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 15g | 17g | 49g |

FROM YOUR BOX

| | |
|------------------|----------------|
| BROWN RICE | 150g |
| PEPITA SEEDS | 1 packet (20g) |
| SHALLOT | 1 |
| TOMATO | 1 |
| OYSTER MUSHROOMS | 1 punnet |
| CORN COB | 1 |
| GREEN OLIVES | 1 jar |
| PARSLEY | 1 packet |
| LEMON | 1 |

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground turmeric, stock cube (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

Serve the olives on the side for anyone who doesn't like them.



1. COOK THE RICE

Add rice to a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes until tender. Drain and rinse (see step 5).



2. TOAST THE SEEDS

Add pepita seeds to a dry frypan over medium-high heat. Toast for 3–5 minutes until golden. Set aside and keep pan on heat.



3. SAUTÉ THE AROMATICS

Add **oil** to pan. Slice shallot and chop tomato. Add to pan along with **2 tsp smoked paprika**, **1 tsp turmeric** and **1/2 crumbled stock cube**. Add **1/2 cup water** and cook for 5 minutes until softened.



4. ADD THE VEGETABLES

Trim and finely chop mushrooms. Remove corn from cob. Add to pan and cook for a further 5 minutes.



5. TOSS THE RICE

Drain and rinse olives. Toss into pan along with rice until well coated (see notes). Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Chop parsley, toss with 1/2 lemon zest, juice from 1/2 lemon (wedge remaining), and pepita seeds. Use seed mix to garnish paella and serve at the table 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**

