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.
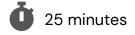
K4 Spanish Mushroom Paella

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.

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.

🕒 25 minutes   🍴 4 servings   🌱 Plant-Based

9 September 2022

Per serve:

	PROTEIN	TOTAL FAT	CARBOHYDRATES
	12g	21g	41g

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 onion and chop tomatoes. Add to pan along with **1 tbsp smoked paprika, 2 tsp turmeric** and a **crumbled stock cube**. Add **1/2 cup water** and cook for 5 minutes until softened.

4. ADD THE VEGETABLES

Use a fork to shred the mushrooms. Remove corn from cobs. Add to pan and cook for a further 5 minutes.

5. TOSS THE RICE

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