



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Saffron

Did you know saffron was used by ancient Egyptians as a natural dye for colouring their clothes. The vibrant yellow colour of saffron made it a popular choice for adding a touch of brightness to their fabrics.



Saffron & Kidney Bean Paella

A Spanish-style paella simmered with kidney beans, capsicum and tomato in a smoky paprika and saffron broth, finished with green olives, parsley, vegan mayonnaise and a squeeze of lemon.



40 minutes



Plant-Based



4/6 servings

Bulk it up!

Stir through a handful of baby spinach or frozen peas in the last few minutes of step 3 for extra veg and colour.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	40g/27g	109g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	2
RED CAPSICUM	1	2
TOMATOES	2	3
GREEN BEANS	150g	2x 150g
GARLIC CLOVES	2	3
KIDNEY BEANS	2x 400g	3x 400g
SAFFRON	1 packet	1 packet
ARBORIO RICE	300g	300g + 150g
LEMON	1	2
PARSLEY	1 packet	1 packet
SICILIAN OLIVES	1 jar	2 jars
VEGAN MAYO	2 sachets	2 sachets

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, kettle

NOTES

Don't lift the lid too often while the paella simmers, trapping the steam helps the rice cook evenly and develop that classic paella texture.



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1. PREPARE THE VEGETABLES

Boil the kettle.

Slice **onion** and **capsicum**, wedge **tomato**, trim and halve **green beans**, crush **garlic**, and drain and rinse **kidney beans**.



4. PREPARE THE TOPPINGS

Zest **lemon** and wedge remaining **lemon**, finely chop **parsley** leaves and tender stems, drain and roughly chop **olives**. Add **mayo** to a bowl along with **1 tbsp water**. Mix to loosen **mayo**.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Add **onion** and **garlic**, Cook for 5 minutes until softened. Add **tomato**, **capsicum**, **saffron**, **1 tbsp smoked paprika** and **2 tsp turmeric**, cook for 2 minutes until fragrant.

6P – add **1 1/2 tbsp smoked paprika** and **3 tsp turmeric**.



3. SIMMER THE PAELLA

Reduce heat to medium. Add **kidney beans**, **green beans**, **rice**, **crumbled stock cube** and **3 1/2 cups hot water**. Stir to combine. Cook, semi-covered, for 20–25 minutes until **rice** absorbs liquid and is tender (see notes).

6P – add **4 cups hot water**.



5. FINISH AND SERVE

Add **lemon zest** to **paella** and season to taste with **salt and pepper**.

Drizzle **mayo** over **paella**, top with **olives** and garnish with **parsley**. Serve **paella** tableside with **lemon wedges**.

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