



### Product Spotlight: Sweet Corn

Corn is a special food, falling into not just one food category but two. The kernels are classified as a vegetable, but if you dry and pop them into popcorn they are considered a grain!



## 3 Artichoke Paella

A delicious Spanish one pot rice dish with artichokes, fresh green beans, bursts of sweet corn and a squeeze of lemon to finish.

 30 minutes

 2 servings

 Plant-Based

28 September 2020

### Spice it up!

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

Per serve: **PROTEIN** 13g **TOTAL FAT** 3g **CARBOHYDRATES** 81g

## FROM YOUR BOX

BROWN RICE	150g
CORN COB	1
GREEN BEANS	1/2 bag (75g) *
RED CAPSICUM	1
RED ONION	1/2 *
TOMATO	1
PARSLEY	1/3 bunch *
ARTICHOKES	1 tub (160g)
LEMON	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, smoked paprika, ground turmeric, garlic (1 clove)

## KEY UTENSILS

large frypan, saucepan

## NOTES

The parsley can be a little sandy, rinse before using if needed.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



### 2. PREPARE THE VEGGIES

Remove corn from cob. Trim and halve beans. Slice capsicum and onion. Chop tomato. Roughly chop parsley. Keep separate.



### 3. SAUTÉ THE ONION

Add onion to a frypan over medium–high heat with oil. Cook for 5 minutes until softened.



### 4. ADD THE VEGGIES

Add corn, beans, capsicum and tomato to pan. Crush in **1 garlic clove**, stir in **1/2 tbsp smoked paprika** and **1 tsp turmeric**. Cook for 5 minutes until softened.



### 5. ADD ARTICHOKES & RICE

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



### 6. FINISH AND PLATE

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**

