



DINNER TWIST
LOCAL. HEALTHY. DELIVERED



Product Spotlight: Brown Basmati Rice


What's the difference between brown and white rice? When the first outer layer, husk, of rice is removed, you get brown rice. When you further mill it and remove bran and germ layer, then polish it, you get white rice.



2 Kidney Bean Paella

A quick and easy kidney bean paella made with our custom-blend Spanish spice mix, brown basmati rice, vegetables and kidney beans.

 30 minutes

 2 servings

 Plant-Based

17 September 2021

Make it authentic!

Add saffron when cooking, and serve with a drizzle of aioli or mayonnaise of your choice for an authentic flavour combination.

Per serve: **PROTEIN** 20g **TOTAL FAT** 3g **CARBOHYDRATES** 64g

FROM YOUR BOX

BROWN BASMATI RICE	150g
SHALLOT	1
SPANISH SPICE MIX	1/2 packet
TINNED KIDNEY BEANS	400g
BROCCOLI	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
PARSLEY	1/2 bunch *
LEMON	1
SNOW PEAS	1/2 bag (75g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, 1/2 stock cube

KEY UTENSILS

large frypan, saucepan

NOTES

Use remaining spice mix to toss over roast vegetables, to season dips, or in a soup.



1. COOK THE RICE

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



2. SAUTÉ THE AROMATICS

Heat a large pan over medium-high heat with **oil**. Slice shallot and add to pan. Cook for 2–3 minutes until starting to soften. Add in 1/2 packet Spanish spice mix (see notes), cook for a further 2 minutes.



3. ADD THE VEGETABLES

Drain and rinse kidney beans. Add to pan. Cut broccoli into florets. Add to pan as you go along with cherry tomatoes, **1/4 cup water and 1/2 stock cube**. Cook, covered, for 5–6 minutes or until vegetables are tender.



4. PREPARE TOPPINGS

Finely chop parsley. Cut lemon into wedges. Set aside.



5. TOSS THE RICE

Trim and slice snow peas. Toss through the pan along with cooked rice. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide paella among plates. Garnish with 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**

