




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

 4 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** 11g **TOTAL FAT** 2g **CARBOHYDRATES** 43g

FROM YOUR BOX

| | |
|---------------------|------------------|
| BROWN BASMATI RICE | 300g |
| BROWN ONION | 1 |
| SPANISH SPICE MIX | 1 packet |
| TINNED KIDNEY BEANS | 400g |
| GREEN CAPSICUM | 1 |
| CORN COB | 1 |
| CHERRY TOMATOES | 1/2 bag (200g) * |
| PARSLEY | 1/2 bunch * |
| LEMON | 1 |
| SNOW PEAS | 1/2 bag (125g) * |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, 1 stock cube

KEY UTENSILS

large frypan, saucepan

NOTES



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 onion and add to pan. Cook for 2–3 minutes, until starting to soften. Add in Spanish spice mix, cook for a further 2 minutes.



3. ADD THE VEGETABLES

Drain and rinse kidney beans. Slice capsicum. Remove kernels from corn cob. Add to pan as you go along with cherry tomatoes, **1/2 cup water and 1 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**

