



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

 4 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** 11g **TOTAL FAT** 3g **CARBOHYDRATES** 74g

FROM YOUR BOX

BROWN RICE	300g
CORN COBS	2
GREEN BEANS	1/2 bag (125g) *
RED CAPSICUM	1
BROWN ONION	1/2 *
TOMATOES	2
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 cobs. Trim and halve beans. Slice capsicum and onion. Chop tomatoes. 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 tomatoes to pan. Crush in **1 garlic clove**, stir in **1 tbsp smoked paprika** and **2 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

