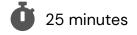


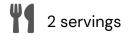




Spanish Prawn Paella

A delicious and festive Spanish rice dish made the speedy way, with Australian prawns, bursts of sweet corn and a squeeze of lemon to finish.







Jazz it up!

You can add some saffron to flavour the paella if you have some! Combine juice from 1/2 lemon with some aioli to drizzle over at the end.

TOTAL FAT CARBOHYDRATES

29g

52g

FROM YOUR BOX

ARBORIO RICE	150g
CORN COB	1
GREEN BEANS	1 bag (150g)
RED CAPSICUM	1
ТОМАТО	1
PARSLEY	1 packet
PARSLEY BROWN ONION	1 packet
	•
BROWN ONION	1
BROWN ONION GARLIC CLOVE	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground turmeric

KEY UTENSILS

large frypan, saucepan

NOTES

Rinse and pat prawns dry with paper towel before them adding to the pan.





1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 8-12 minutes, or until tender. Drain and rinse.



2. PREPARE THE VEGETABLES

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



3. COOK THE ONION

Slice onion. Add to a frypan over mediumhigh heat with oil. Stir in 3 tsp smoked paprika and 1 tsp turmeric (add more oil if needed). Cook for 5 minutes until softened.



4. COOK THE VEGETABLES

Add the prepared vegetables (reserve parsley for garnish) along with 1 crushed garlic clove and cook for 3 minutes. Add prawns (see notes) and cook for 3-4 minutes until cooked through.



5. STIR IN THE RICE

Stir in cooked rice until well coated. Squeeze in <u>juice from 1/2 lemon</u> and season with **salt and pepper** to taste.



6. FINISH AND SERVE

Divide rice among bowls. Garnish with chopped parsley. Wedge remaining lemon to serve.

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



