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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Prawns

The prawns for this dish are Australian prawns, sourced from Catalano's Seafood. They are an accredited and well-managed fishery that follow responsible fishing practices.

CATALANO'S SEAFOOD

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.

25 minutes | 4/6 servings | Seafood

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.

Per serve 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	31g	3g	81g

FROM YOUR BOX

	4 PERSON	6 PERSON
ARBORIO RICE	300g	300g + 150g
CORN COB	1	2
GREEN BEANS	150g	2 x 150g
RED CAPSICUM	1	2
TOMATOES	2	3
PARSLEY	1 packet	2 packets
BROWN ONION	1	1
TOMATO PASTE	1 sachet	2 sachets
GARLIC CLOVE	2	3
PRAWNS	2 x 200g	3 x 200g
LEMON	1	1

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan, saucepan

NOTES

Add a crumbled stock cube for extra background flavour.

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

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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 kernels** from **cob**. Trim and slice **beans and capsicum.** Dice **tomatoes** and roughly chop **parsley**. Keep separate.



3. COOK THE ONION

Slice **onion**. Add to a frypan over medium high heat with **oil**. Stir in **1 1/2 tbsp smoked paprika** and **2-3 tsp turmeric** (add more **oil** if needed). Cook for 5 minutes until softened (see notes).



4. COOK THE VEGETABLES

Add the **prepared vegetables** (reserve **parsley** for garnish) along with **tomato paste**, **crushed garlic** and **1/3 cup water**. 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 **juice from 1/2 lemon** and season with **salt and pepper** to taste.

6P - add lemon zest and juice from 1/2 lemon.



6. FINISH AND SERVE

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

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