



### 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 Chicken Paella

A quick and easy chicken paella made with our custom-blend Spanish spice mix, brown basmati rice, vegetables and free-range chicken mince.

 30 minutes

 4 servings

 Chicken

17 September 2021

*Make it authentic!*

*Add saffron when cooking, and serve with a drizzle of aioli for an authentic flavour combination.*

Per serve: **PROTEIN** 39g **TOTAL FAT** 4g **CARBOHYDRATES** 31g

## FROM YOUR BOX

BROWN BASMATI RICE	300g
BROWN ONION	1
SPANISH SPICE MIX	1 packet
CHICKEN MINCE	600g
TOMATOES	2
GREEN CAPSICUM	1
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

Add chicken mince to the pan. Dice tomatoes and slice capsicum. Add to pan as you go along with **1/2 cup water and 1 stock cube**. Cook, covered, for 5–6 minutes or until chicken mince is cooked through.



### 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 SERVE

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](mailto:hello@dinnertwist.com.au)

