



# Product Spotlight: Brown Rice

Brown rice is wholegrain rice with the inedible outer hull removed. It has a delicious, nutty taste and comes with many health benefits!

# Chicken Saffron Paella

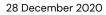
Quick & easy cheat's paella using brown rice, veggies and fragrant saffron threads. Drizzled with aioli and garnished with fresh parsley - this is a summer hit 🔶



Love lemons?

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If you have lemons in your garden – wedge one to squeeze over the top for a lovely fresh flavour boost.



### FROM YOUR BOX

BROWN RICE	300g
BROWN ONION	1
SAFFRON	1 packet
GARLIC CLOVES	2-3
CHICKEN STIR-FRY STRIPS 筆	600g
RED CAPSICUM	1
TOMATOES	2
CORN COBS	2
PARSLEY	1/2 bunch *
AIOLI	100g
	1 tub
SUGAR SNAPS	1 packet (150g)

\*Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, chicken or veg stock cube

### **KEY UTENSILS**

saucepan, large frypan

#### NOTES

**VEG OPTION - Ingredients are replaced** with vegetarian alternatives - follow the cooking instructions as directed.



# **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. SAUTÉ THE ONION & SAFFRON

Heat a frypan with **2 tbsp oil** over medium heat. Slice onion and add along with saffron, **1 tbsp smoked paprika and 1 crumbled stock cube**. Crush in garlic. Cook for 3-4 minutes or until softened.



## **3. ADD THE VEGETABLES**

Add chicken strips to pan. Slice capsicum and dice tomatoes, remove corn from cobs. Add to pan as you go, cook for 5-6 minutes or until chicken is cooked through.

VEG OPTION - Follow instructions as above, omitting chicken.



## **4. PREPARE THE TOPPINGS**

In the meantime, chop parsley and combine aioli with **1-2 tsp water** to reach a runny consistency. Set aside.

VEG OPTION - Additional to above, drain olives, trim and slice sugar snaps.



## **5. TOSS IN THE RICE**

Stir in **1/4 cup water** and toss cooked rice into pan. Season well to taste with **salt and pepper.** 



## 6. FINISH AND SERVE

Divide paella among plates. Drizzle with aioli and garnish with parsley.

VEG OPTION - Divide paella among plates. Drizzle with aioli and garnish with parsley, olives and sugar snaps.

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

