

Vegetable paella

Ingredients

handful of greens, chard, silverbeet
2 brown onions chopped.
handful of spinach leaves choppe
2 tablespoons of olive oil

1 red capsicum chopped into s

1 handful garlic chives chopped.

2 garlic cloves crushed.

1 small pinch of chilli flakes

1 teaspoon smoked paprika.

finely grated sweet and acid of 1 lemon.

2 cups of rice.

1 teaspoon of fennel or 2 teaspoons grated

500 ml of vegetable stock.

400g cherry tomatoes or 1 tin of crushed toma

handful of beans / snap peas.

handful of broccolini

flat parsley

4 bay leaves

20 olives pitted.

Method

1. Heat the oil in your pan, add your onion and
cook on a medium heat until transparent, add
your garlic. Cook for a minute then add bay
leaves and all spices. Add your peppers and

fry until soft, add your rice and chives and
cook for 2 minutes. Now add your lemon and juice.

2. Add your stock and tomatoes and reduce the heat to low.
Do not stir, and leave for 20 minutes until
most of the liquid has been absorbed.
- stir with your chopped greens, spinach,
in foil and allow to

Add chopped
carrots and
pumpkin to
paella.