



JUN  
2016

## Vegetarian Paella

with Sweet Peppers, Mushrooms, and Rosemary

Paella, the national dish of Spain, is famous for its socarrat, the crispy crust that develops on the bottom of the pan. This version is flavored with woody rosemary and smoky paprika for a unique flavor. Vibrant turmeric adds gorgeous color.



Prep: 10 min  
Total: 40 min



level 2



veggie



nut free



dairy free



gluten free



Basmati Rice



Red Bell  
Pepper



Yellow Bell  
Pepper



Garlic



Turmeric



Roma Tomato



Button Mushrooms



Vegetable Stock  
Concentrate



Rosemary



Smoked Paprika



Lemon

## Ingredients

	2 People	4 People
Basmati Rice	¾ Cup	1 ½ Cup
Red Bell Pepper	1	2
Yellow Bell Pepper	1	1
Garlic	2 Cloves	4 Cloves
Roma Tomato	1	2
Button Mushrooms	4 oz	8 oz
Vegetable Stock Concentrate	1	2
Rosemary	¼ oz	¼ oz
Smoked Paprika	½ t	1 t
Turmeric	½ t	1 t
Lemon	1	1
Oil*	1 T	2 T

\*Not Included

## Allergens

None

## Tools

Large pan

**Nutrition per person** Calories: 401 cal | Fat: 8 g | Sat. Fat: 1 g | Protein: 11 g | Carbs: 78 g | Sugar: 9 g | Sodium: 241 mg | Fiber: 7 g

Ruler

0 in ¼ in ½ in ¾ in 1 in



**1 Prep the veggies and herbs:** Wash and dry all produce. Core, seed, and thinly slice the **bell peppers**. Thinly slice the **mushrooms**. Mince or grate the **garlic**. Core then dice the **tomato**. Strip the **rosemary** from the sprigs and roughly chop 1 teaspoon.



**2 Cook the mushrooms:** Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **mushrooms** and cook, tossing for 4-5 minutes, until golden brown. Season with **salt** and **pepper**. Remove from the pan and set aside.



**3 Add the peppers and tomato:** Heat another drizzle of **oil** in the same pan over medium-high heat. Add the **bell peppers** and **tomato** to the pan and cook, tossing for 3-4 minutes, until softened. Add the **garlic**, **chopped rosemary**, **1/2 teaspoon turmeric**, and **1/2 teaspoon paprika** to the pan. Cook for another 1-2 minutes, until fragrant. Season with **salt** and **pepper**.



**4 Simmer the paella:** Add the **rice** and **mushrooms**, to the pan and toss to coat in a drizzle of **oil**. Stir **2 cups water**, a large pinch of **salt**, and the **stock concentrate** into the pan. Bring to a boil, then reduce to a low simmer for 15-20 minutes, until the liquid is absorbed and the rice is tender. **HINT:** Don't stir the paella as it cooks! It's the secret to a crispy crust. If your paella hasn't formed a crust by the time the liquid is absorbed, you can increase the heat to high for a couple minutes.

**5 Finish and serve:** Take the **vegetarian paella** off the heat and cover with a kitchen towel to steam for 5 minutes. Cut the **lemon** into wedges and serve on the side for an added burst of citrus. Enjoy!

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