



Chunky Vegetable Paella

In the bag:

- Aubergine
- onion
- Garlic
- Red and yellow pepper
- Spice bag
- Risotto rice
- Stock cube/s
- Tin of tomatoes
- Mushrooms
- Green beans
- Tin of chickpeas

You'll also need:

- Chopping board
- Sharp knife
- Large frying pan or shallow pot
- Wooden spoon
- Kettle
- Jug or pot to make stock up

- 2 tbsps. vegetable oil
- 600ml water

Method:

- Wash all of the vegetables
- Chop the **aubergine** into chunks, slice or dice the **onion**, finely chop or slice the **garlic**, deseed and slice the **peppers**, quarter the **mushrooms**, top and tail the **green beans** and slice into rounds
- In a large frying pan, heat some **oil** and fry the **onion** and **aubergine** for about five minutes, stirring occasionally so it doesn't stick
- Add the **garlic**, **peppers** and **spices** and fry for another few minutes – keep stirring
- Make up the stock with the stock cubes and 600ml boiling water
- Mix in the **rice** and then pour in the **stock** and **tomatoes**. Bring up to a bubble then turn down to a simmer for 15 minutes
- Stir in the **mushrooms**, **green beans** and **chickpeas** (include the water from the tin). Continue cooking for 10 minutes, then serve hot from the pan

More about your Chunky Vegetable Paella

You can add whatever vegetables you like to this dish. It's great for using stuff up

If you like meat, just add it along with or instead of the aubergine and if you like fish, add it at the end along with the chickpeas

Add a handful of fresh herbs such as parsley at the end and/or a squeeze of lemon juice

This recipe makes enough for up to four portions

Tips for storing and reheating

- Refrigerate as soon as it cools (ideally within **90 minutes**)
- Fridge for up to **3 days**
- Freeze for up to **3 months**
- Remember to label
- When reheating make sure it's **pipng hot** all the way through

#TakeAndMake
#AtLeastFiveADay
#LoveFoodHateWaste

Want to make it again? You'll need to buy:

- 1 aubergine
- 1 large onion
- 3 cloves of garlic
- 1 red and 1 yellow pepper
- 1 tsp. each of paprika and turmeric
- 225g risotto rice
- Vegetable stock cube/s (2 Oxo or 2 Knorr)
- 1 tin of chopped tomatoes
- 100g mushrooms
- 100g green beans
- 1 tin of chickpeas

#SpiceNotSalt
#CookOnceEatTwice
#CommunityCooking