



UCOOK

Very Veggie Vegan Paella

with artichoke quarters & fresh oregano

A steamy, aromatic and totally delicious vegan paella awaits you! Packed with red pepper, green pepper, onion, tomato, artichokes, spinach and peas - every bite will be a multi-layered taste experience. This dinner will make you, and your tastebuds, smile!

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 Veggie

 Leopard's Leap | Chenin Blanc

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Ingredients & Prep

2 sachets	Vegetable Stock
2	Onions <i>1½ peeled & roughly diced</i>
45ml	NOMU Spanish Rub
2	Green Bell Peppers <i>1½ rinsed, deseeded & cut into bite-sized pieces</i>
2	Red Bell Peppers <i>1½ rinsed, deseeded & cut into bite-sized pieces</i>
300ml	Risotto Rice
300g	Cooked Chopped Tomato
12g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>
300g	Artichoke Quarters <i>drained</i>
60g	Spinach <i>rinsed</i>
1	Lemon <i>¾ zested & cut into wedges</i>
150g	Peas

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil

1. LET'S BEGIN! Boil a full kettle. Dilute the stock with 900ml of boiling water and set aside. Place a pan, large enough for the paella, over a medium heat with a drizzle of oil. When hot, fry the diced onion for 5-6 minutes until soft and translucent. Add the rub and the green and red pepper pieces. Fry for 1-2 minutes until the peppers start to soften, shifting occasionally. Stir through the rice for 2-3 minutes until fully combined. Mix through the cooked chopped tomatoes, ½ the chopped oregano and slowly pour in the diluted stock.

2. SIMMERING AWAY Once the diluted stock has been added, bring the mixture up to a boil. Once boiling, reduce the heat to low, and gently simmer for 20-25 minutes until the rice is al dente and all the stock has been absorbed. In the final 1-2 minutes, stir in the drained artichoke quarters and the rinsed spinach. Cook until the spinach has wilted.

3. ALMOST THERE... Once the paella is cooked, season with a squeeze of lemon juice, lemon zest (to taste), salt, and pepper. Remove from the heat and stir through the peas. Cover with tinfoil and let the paella steam for 5-8 minutes.

4. PAELLA PARTY Dish up your veggie paella. Garnish with the remaining oregano and a lemon wedge. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	295kJ
Energy	70kcal
Protein	2.1g
Carbs	15g
of which sugars	3.2g
Fibre	2.6g
Fat	0.5g
of which saturated	0.1g
Sodium	226mg

Allergens

Allium, Sulphites

Cook
within
4 Days