



# 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!

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**Hands-on Time:** 15 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 Veggie

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 Leopard's Leap | Chenin Blanc

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## Ingredients & Prep

1 sachet	Vegetable Stock
1	Onion <i>½ peeled &amp; roughly diced</i>
15ml	NOMU Spanish Rub
1	Green Bell Pepper <i>½ rinsed, deseeded &amp; cut into bite-sized pieces</i>
1	Red Bell Pepper <i>½ rinsed, deseeded &amp; cut into bite-sized pieces</i>
100ml	Risotto Rice
100g	Cooked Chopped Tomato
4g	Fresh Oregano <i>rinsed, picked &amp; roughly chopped</i>
100g	Artichoke Quarters <i>drained</i>
20g	Spinach <i>rinsed</i>
1	Lemon <i>¼ zested &amp; cut into wedges</i>
50g	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 350ml 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 4-5 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 1-2 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 15-20 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