



# 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:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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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<br><i>peeled &amp; roughly diced</i>                                    |
| 30ml     | NOMU Spanish Rub                                                              |
| 1        | Green Bell Pepper<br><i>rinsed, deseeded &amp; cut into bite-sized pieces</i> |
| 1        | Red Bell Pepper<br><i>rinsed, deseeded &amp; cut into bite-sized pieces</i>   |
| 200ml    | Risotto Rice                                                                  |
| 200g     | Cooked Chopped Tomato                                                         |
| 8g       | Fresh Oregano<br><i>rinsed, picked &amp; roughly chopped</i>                  |
| 200g     | Artichoke Quarters<br><i>drained</i>                                          |
| 40g      | Spinach<br><i>rinsed</i>                                                      |
| 1        | Lemon<br><i>½ zested &amp; cut into wedges</i>                                |
| 100g     | 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 700ml 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