

# Veggie Paella

An adaptation of a traditional Valencian dish. It is very easy and all cooks in one pan, with a taste of saffron and garlic it is a sure to be a crowd pleaser.



Prep time  
25 min

Cook time  
1 hour

## Ingredients

1 medium zucchini, cut in ½ and sliced  
2 handfuls of string beans cut in ½  
1 sm-med onion, sliced  
1 medium red pepper, sliced  
14 cherry tomatoes, quartered  
3 medium cloves of garlic, crushed  
10 black olives, pitted and slice  
½ tsp of turmeric  
½ tsp of rosemary, plus extra for garnishing  
2 Tbsp of smoked paprika  
1 can of adzuki or cannellini beans  
1.5 cups of short grain rice, rinsed  
3 cups of vegetable broth  
1 pinch of saffron  
salt and pepper  
Olive oil

Serves 6

## Directions

1. Cut the zucchini and let it rest between two paper towels while preparing the rest of the veggies. This will remove the excess water so it won't fall apart while cooking.
2. Cut rest veggies accordingly, putting the string beans, onion, and pepper in one bowl and the tomatoes, garlic and black olives in another.
3. In a large pan on medium high heat, sauté the zucchini, string beans, onion and red pepper in olive oil with the turmeric, rosemary and paprika for about 10 minutes, until tender but still firm.
4. Make a well in the center of the veggies, add a few more drops of olive oil followed by the garlic, tomatoes and olives, sauté for 2 minutes.
5. Drain the liquid from the beans and place them in a large bowl.
6. Remove the veggie from the pan, add them to the bowl with the beans, and turn the pan down to a low fire.
7. Carefully put the rice and the vegetable broth into the pan with the saffron and stir.
8. Slowly put the veggies and beans back in the pan, on top of the rice without mixing.
9. With the pan on a very low fire, in the range of 2 out of 10, cover and simmer about 40 minutes or until the rice is soft and the liquid has all been absorbed.
10. Garnish with fresh rosemary.

## Cook's tips:

This meal really reaches its full flavor potential when it has time to rest. So the best scenario would be to make it a few hours in advance and let it rest, covered on the stove until mealtime.

Portabella mushrooms work amazingly well in this dish, especially if you are an omnivore will be eating it. They offer additional substance and perfectly complement the flavor of the dish. Use two caps cut into large chunks and sauté in the second step with the beans and other vegetables.

## Food Facts

Rice is a staple food for about two-thirds of the world's population and is grown in more than 100 countries.

Rice farming dates back to 5,000BC.

Rice is the 2nd most produced grain, corn has the number one place.

Rice is thrown at the bride and groom at weddings because it symbolizes fertility, luck and wealth.



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