

## Vegetable Paella

Serves 4 - 6

¾ mug paella rice  
2 small onions, thinly sliced  
1 red pepper, diced  
100g green beans, topped & tailed, cut into 3cm long pieces  
200g Brussels sprouts, quartered  
1 small can chickpeas, drained  
1 tin chopped tomatoes + 1 tin water  
1 clove garlic, thinly sliced  
1 glass white wine  
½ tsp ground turmeric  
½ tsp smoked paprika  
1 tsp paprika  
2 tsp vegetable stock powder  
Pinch chilli flakes (optional)  
1 tbsp olive oil

1. Heat the oil in a large, shallow pan, add the onion and garlic, sizzle for a few minutes to soften but not brown.
2. Add the red pepper, stir to combine, then add the spices, chickpeas and rice. Stir well to coat the beans and grains with the spices.
3. Add the white wine, bubble to reduce, then add the tomatoes and the can of water.
4. Stir well, bring to the boil, turn down the heat to a simmer, put a lid on the pan and cook for 20mins.
5. Add the green beans and sprouts, cook for a further 12mins.
6. Season and serve.



## Hints, Tips and Adaptations

*Swap around the vegetables*

*Try using different beans*