



More Than Food  
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## Record Breaking Vegetarian Paella

Few dishes could be as synonymous with a country, as paella is to Spain. The dish has evolved over hundreds of years, but it's the good people of Valencia who lay claim to its current incarnation. In fact, one Valencian named Juan Galbis was so keen to immortalise the dish that he cooked one (with the help of a few friends) for 110,000 people back in 2001. We're tackling a slightly more humble audience tonight, but every Guinness World Record has to start somewhere.



35 mins



vegan



lactose free



healthy



gluten free



Red Pepper (1)



Yellow Pepper (½)



Garlic Clove (2)



Flat Leaf Parsley (5 tbsp)



Cherry Tomatoes (½ punnet)



Lemon (½)



Chestnut Mushrooms (1 small punnet)



Vegetable Stock Pot (1)



Rosemary (2 sprigs)



Smoked Paprika (½ tsp)



Turmeric (½ tsp)



Basmati Rice (1 cup)

## Ingredients

	2 PEOPLE	ALLERGENS
Red Pepper, sliced	1	
Yellow Pepper, sliced	½	
Garlic Clove, chopped	2	
Flat Leaf Parsley, chopped	5 tbsp	
Cherry Tomatoes, halved	½ punnet	
Lemon	½	
Chestnut Mushrooms, chopped	1 small punnet	
Vegetable Stock Pot	1	Celery, Sulphites
Rosemary	2 sprigs	
Smoked Paprika	½ tsp	
Turmeric	½ tsp	
Basmati Rice	1 cup	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

## Did you know...

Turmeric was traditionally called “Indian saffron” because of its deep yellow-orange colour.

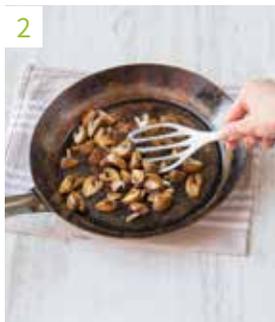
**Nutrition per serving:** Calories: 414 kcal | Protein: 12 g | Carbs: 85 g | Fat: 3 g | Saturated Fat: 1 g

1



**1** Remove the stalk and core from the **red pepper** and half of the **yellow pepper** and cut them into thin slices. Peel and finely chop the **garlic**, finely chop the **parsley** and cut the **tomatoes** in half. Zest half your **lemon**. Chop the **mushrooms** into chunks and boil 500ml of water with the **vegetable stock pot**.

2



**2** Heat 1 tbsp of **olive oil** on high heat in a non-stick frying pan and fry off the **mushrooms**. They'll release water, so keep cooking them until this has evaporated and they are dry and browned off (it should take about 5 mins). Remove them and keep to the side.

3



**3** Add 2 tsp of **olive oil** into the frying pan and (still on high heat) fry off all the **pepper** slices and **cherry tomatoes** for a few mins. Once they have softened up, add in the chopped **garlic**, the **rosemary** leaves, the **paprika** and the **turmeric**.

4



**4** After 3 more mins, add in half the **parsley**, **lemon** zest and the **rice**. Cook everything for a few mins until the rice absorbs the oil in the pan.

**5** Next, add the 500ml of **vegetable stock** and the **mushrooms**. Give everything a good stir, reduce the heat to medium-low and cook for 15-20 mins, or until the **rice** has soaked up all of the liquid. **Tip:** *Don't stir the rice, as a good paella always has a crusty bottom!*

**6** Have a siesta.

**7** Once the liquid has soaked up, take the paella off the heat and cover it with a clean tea towel for 5 mins. Season with a pinch of **salt** and a few grinds of **pepper** to taste. Serve with the remaining **parsley** and wedges of **lemon**. **Ándale!**