



# SAMPHIRE AND SPANISH RICE

with Roasted Tomatoes and Olives



## HELLO OLIVES

*Black and green olives are the same thing - black ones are just riper when they're picked!*



Onion



Yellow Pepper



Garlic Clove



Black Olives



Chervil



Smoked Paprika



Turmeric



Arborio Rice



Water



Vegetable Stock Pot



Cherry Tomatoes



Samphire



Lemon

30 mins

Vegan

3.5 of your 5 a day

Little Heat

Samphire is a fabulous vegetable. It grows by the sea and is one of the great tastes of British summertime. But veggies need a change of scene, just like the rest of us. So we're sending it on holiday to Spain as part of this delicious paella-style rice! The trick to a great paella is not to stir too much, so it develops a crispy crust at the bottom. The Spanish call this the 'socarrat'. It's considered the best bit!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Large Saucepan**, **Measuring Jug**, **Baking Tray**, **Baking Paper**, **Colander** and **Frying Pan**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Preheat your oven to 200°C. Halve, peel and chop the **onion** into roughly 1cm pieces. Halve, then remove the core from the **yellow pepper** and slice into roughly 1cm pieces. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **olives** and the **chervil**.



### 2 START THE RICE

Add a drizzle of **oil** to a large saucepan on medium heat. Fry the **onion** until soft, 5 mins. Add the **yellow pepper**, season with **salt** and **black pepper** and turn up the heat slightly. Fry until slightly browned, 5 mins. Add the **garlic**, **smoked paprika** and **turmeric**. Cook for 1 minute more. Add the **arborio rice** to the pan and stir to coat it in the spices and oil.



### 3 SIMMER

Add the **water** (amount specified in the ingredient list) and the **vegetable stock pot**. Bring to a gentle simmer. Cook until all the liquid has been absorbed and the **rice** is 'al dente', 15-20 mins. **★ TIP:** 'Al dente' simply means the rice is cooked through but has a tiny bit of firmness left in the middle. If all the liquid has been absorbed before the **rice** is cooked, just add a splash more **water** and keep cooking.



### 4 ROAST THE TOMATOES

Meanwhile, cut the **cherry tomatoes** in half through the equator. Put them on a lined baking tray, drizzle on some **olive oil** and season with a pinch of **salt** and a good grind of **black pepper**. Roast on the top shelf of your oven for 10-15 mins. Once cooked, remove and set aside.



### 5 COOK THE SAMPHIRE

Five mins before the end of the rice's cooking time, rinse the **samphire** in a colander under running water. Put a frying pan on medium heat, add a drizzle of **oil** and the **samphire** (don't worry if it's still a bit wet, this will help it cook). Grind over some **black pepper** and cook the **samphire** for 3 mins, then remove from the heat. It should soften but retain some bite.



### 6 FINISH AND SERVE

Once the **rice** is cooked, turn off the heat. Squeeze over a little **lemon juice** and add in the **olives**, **roasted tomatoes** and three-quarters of the **chervil**. Stir everything together and serve in bowls with the **samphire** on top. Finish with a sprinkling of the remaining **chervil**. Cut the rest of the **lemon** into wedges and serve alongside for squeezing over at the table. ¡Buen provecho!

## 2 PEOPLE INGREDIENTS

Onion, chopped	1
Yellow Pepper, sliced	1
Garlic Clove, grated	2
Black Olives, chopped	30g
Chervil, chopped	½ bunch
Smoked Paprika	1½ tsp
Turmeric	½ tsp
Arborio Rice	175g
Water*	750ml
Vegetable Stock Pot 9) 12)	1
Cherry Tomatoes, halved	1 punnet
Samphire	1 pack
Lemon	1

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	440	90
(kJ)	1861	380
Fat (g)	4	1
Sat. Fat (g)	0	0
Carbohydrate (g)	88	18
Sugars (g)	16	3
Protein (g)	13	3
Salt (g)	3.20	0.65

### ALLERGENS

9) Celery 12) Sulphites

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

### 👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

You made this, now show it off! Share your creations with us:

