

*WOLF IN THE KITCHEN presents*

## VEGAN PAELLA

Time required - 10-15 minutes prep plus 15-20 minutes frying plus dishing up.

You will need (ideally) a 24cm saute pan or deep-sided frying pan:



(you don't need the lid for this though)

### INGREDIENTS - SERVES 4-5 APPROX

- ◆ Arborio Risotto or Paella rice (shorter fatter grains) 2 mugs full
- ◆ saffron - one good portion of saffron strands or powder (*see below*)
- ◆ veg stock cube or teaspoon of stock powder (*optional*)
- ◆ one large onion or two medium
- ◆ garlic, one clove per person at least, chopped fine or crushed
- ◆ one red pepper
- ◆ olives (*to suit availability and taste - green/stuffed/black*)
- ◆ canellini/white kidney beans *and/or*
- ◆ pine/cashew nuts/almonds (*enough for protein needs*)
- ◆ olive oil
- ◆ frozen peas
- ◆ 2 or 3 lemons - one quartered, the others sliced or quartered
- ◆ salt & pepper
- ◆ lightly dressed lettuce and crusty bread
- ◆ avocado to enhance salad (*optional*)



*I would use about half of one of the capsules left (thats 0.18g!) or one or two sachets of the powder right. Saffron can be bought mail order btw*



## COOKING INSTRUCTIONS

1. boil kettle, pour 6 mugs hot water into pot, add saffron & stock cube/powder if using, bring back to boil, turn off heat, cover and leave to stand
2. chop onion finely, chop pepper into thin slivers; put plenty of olive oil in pan and heat, fry onions garlic and pepper till soft, add the nuts (*if using*) and then the uncooked rice - keep stirring for 2-3 minutes until all the rice is coated with oil
3. add beans (*if using*) and olives, stir till all hot, then pour in the saffron "stock" liquid, it should bubble up nicely
4. while still heating strongly, chuck in the peas till it looks a nice mix of colours, allow to come back to boil then turn down heat so it's bubbling steadily
5. put/press in the lemon quarters or slices, add a little salt and pepper
6. cook for 15-20 minutes or until liquid is absorbed - if it dries out before 15 mins add some more water; and give it a stir from time to time just to check the bottom is not burning too much



Serve with plenty of black pepper, salt if required (*not usually if using stock and olives*) crusty bread, lemon quarters, salad and red wine of your choice (*Rioja is the Spanish posh wine if you wanted to hispanify to the max - Tempranillo is a "young" Rioja*)

