

Quorn® Paella

VEGGIE
REBEL

One of the best known Spanish rice dishes, flavoured with saffron and smoked paprika.

Ingredients



Serves
4

300g Quorn pieces
1 onion
2 garlic cloves
1 red pepper
1 yellow pepper
200g fine green beans
400g fresh tomatoes
1 x 5ml saffron threads
2 x 5ml spoons smoked paprika
1 x 5ml spoons mild chilli powder
250g paella rice
200g red lentils
1.2L reduced salt vegetable stock
2 x tbsp of vegetable oil
1x 400g tin butter beans in water
340g frozen peas
Bunch parsley
Seasoning
Garnish – optional
Lemon wedges
Olives

Equipment



Measuring spoons
Measuring jug
Scales
Chopping board
Sharp knife
Garlic crusher
Ramekin or small cup for saffron
2 x heat proof bowls for tomatoes
Kettle
Slotted spoon
Large deep open pan with lid
Sieve
Colander



Allergen information

Celery, Eggs



Nutrition per serving

Calories	Fat	Sat. Fat	Sugars	Salt
680	11.7g	1.7g	17.4g	1.22g
kcal	LOW	LOW	LOW	MED

5 of your
5-a-day



Source of
Protein



Low in
Sat Fat



Source of
Fibre



Carbon Footprint

0.65

kg CO₂e per portion

2.8

Average daily CO₂e emissions
per person (from food)

Method

1. Peel and chop the onion.
2. Peel and crush the garlic.
3. Deseed and slice the peppers into thin strips.
4. Cut the beans into bite sized pieces.
5. De skin the tomatoes by making a small nick in the base of the tomato skin with a sharp knife then place the tomatoes into a bowl and cover with boiling water. Leave for 30 seconds then transfer the tomatoes with a slotted spoon into a bowl of cold water. When cool, the skins will slip of the tomatoes.
6. Chop the tomatoes.
7. Soak the saffron strands into 1 x 15ml spoon of cold water.
8. Heat the oil in a large open deep pan.
9. Add the onion and cook for 3-4 minutes.
10. Add the garlic and peppers and cook for another 2 minutes, stirring occasionally.
11. Add the saffron and the water, the paprika and chilli powder. Stirring to cook the spices for 1 minute.
12. Add the paella rice and stir well to coat in the spices.
13. Rinse the lentils under running water then add to the pan.
14. Add the stock, stir, and turn up the heat to bring to a boil.
15. Once boiling, cover and turn down the heat to a simmer (gently bubbling) for 12 minutes.
16. Next add the Quorn pieces, green beans and chopped tomatoes, stir then leave to simmer gently for 8 minutes.
17. Drain the butter beans in a colander and add to the paella.
18. Add the peas and stir to combine.
19. The rice should be tender and nearly all the stock absorbed. Add a little more hot water if the mixture is too dry. Taste and season.
20. Chop the parsley.

To serve

1. Divide between 4 large open bowls. Chop the parsley and sprinkle over the paella and garnish with wedges of lemon and black or green olives if using.

Skills used

Measuring, chopping, de skinning, frying, boiling simmering.

Top tips

- As an alternative to saffron use 1 x 5ml spoon turmeric.
- When slicing the top off the pepper, no need to waste the top, just discard the green stalk.
- Once the rice is in the pan let it simmer without stirring too often to prevent the rice going sticky.
- If you don't have a lid for the pan use tin foil.
- The peas can be added straight from frozen at the end of cooking as they will soon heat through and keep their vibrant colour.
- Try adding sliced Quorn sausages to the paella for a change.
- Add a little extra water if the rice has absorbed all the stock.

Prepare now, eat later

- Any leftover paella can be kept chilled in the fridge for 24 hours and eaten cold as a salad or used to stuff peppers.