

Rainbow Paella

Paella comes from Valencia in Southern Spain, the word Paella actually means frying pan in the Valencian dialect. Once you've mastered the method you'll find it easy to add whatever other vegetables or fish that you have to hand. Don't worry if the bottom sticks a bit – It's called the 'Socarrat' and is essential to adding flavour and texture.

Follow the instructions overleaf or see our chefs make this dish in our recipe video.

Open your QR code reader on your smartphone. Hold the device over the code and click to watch.

Please note: some ingredients may have changed since we filmed the video.



Equipment you will need:

Colander or sieve
Sharp knife
Chopping board
Measuring spoons
Measuring jug
Large frying pan with lid
Wooden spoon
Tin opener

You may also need scissors to open our sachets

Ingredients:

1 tablespoon oil	1 tablespoon smoked paprika
1 red onion	2 tomatoes
2 cloves of garlic	300g paella rice or any short grain rice
1 red pepper	1 vegetable stock cube
1 courgette	1 lemon
1 teaspoon turmeric	1 400g tin butter beans

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

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Take & Make

Instructions:

1. Wash all the vegetables, open and drain the beans.
2. Prepare the vegetables: Peel and dice the red onion, chop the pepper into strips Peel and finely chop the garlic. Dice the tomatoes. Slice the courgette into discs. Cut the lemon into 8 wedges.
3. Dissolve the stock cube in 900ml water from a recently boiled kettle – **get an adult to help.**
4. Add the oil to the frying pan, turn on the heat and add the garlic, onion, courgette, and pepper. Fry for 3 – 5 minutes until they start to soften and the peppers start to turn brown at the edges.
5. Sprinkle in the smoked paprika and turmeric and stir for 2 minutes.

Remember to measure or check the weights of your ingredients. We may have included more than you need.

6. Add the tomatoes and beans, stir for a further 3 minutes until softened then pour in the rice and the vegetable stock. Add 4 of the lemon wedges. Bring to the boil and reduce to a simmer for 15 minutes, There will be a small amount of stock left in the pan and the rice will be slightly firm when tested.
7. Your paella should be ready to serve but If you still think the rice needs more cooking, add 4 tablespoons of water, cover and cook for a further 5 minutes.
8. Serve with the remaining lemon wedges.

Cooking for more than 4?

Add an extra 75g of rice per person. You could add some extra ingredients to the paella like artichokes and olives. Serve with a side salad or some crusty bread.



A 'planet friendly' menu says that non-starchy colourful vegetables and fruit should make up the biggest part of your plate.