



SPRING VEGETABLE PAELLA

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 650/SERVING



Our vegan take on a traditional Spanish paella, with a spring twist thanks to asparagus, radishes and peas. This dish is beautiful and almost completely hands-off. The veggies get sautéed on the stove top before being mixed with the remaining ingredients and getting cooked in the oven. We top it with fresh lemon, green olive and parsley for a hit of herby brightness.

WHAT YOU'LL NEED

Large oven-safe skillet	- Oil
OR	- Salt
Large pan and oven-safe dish	- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

2 servings 4 servings

Shallot	1	2
Garlic	2 cloves	4 cloves
Tomato paste	1 tbsp	2 tbsp
Spiced rice	1 cup	2 cup
Asparagus	1/2 bunch	1 bunch
Radishes	3	6
Peas	1/2 cup	1 cup
Broth powder	1.25 tbsp	2.5 tbsp
Tofu	150 g	300 g
Lemon	1	1
Green olives	1/4 cup	1/2 cup
Parsley	1/8 bunch	1/4 bunch



Preheat the oven to 425°F. Prep ingredients: dice the **shallot**, mince the **garlic**, trim and chop the **asparagus**, cut the **radishes** into wedges, slice the **lemon** into rounds, quarter the **olives**, finely chop the **parsley**, and cube the **tofu**.



In a large oven-safe skillet (or large pan*), warm 1 tbsp of **oil** over medium heat (2 tbsp for 4 servings). Add the **shallot** and **garlic** and cook for 3 minutes, stirring often. Add the **tomato paste** and cook 2 minutes.



Stir in the **spiced rice** and another 1-2 tbsp of **oil**. Season with **salt** and **pepper** continue stirring until the rice begins to toast, about 1 minute. Mix in the **asparagus**, **radishes**, **peas**, **broth powder**, **tofu**, and 2.5 cups of **water** (5 cups for 4 servings). Bring to a boil.



Transfer to the oven and bake, uncovered, until the rice is tender and all of the liquid is absorbed, about 20 minutes. Transfer back to the stovetop and cook over medium heat (without stirring) to crisp up the bottom layer of rice, about 2-3 minutes.



Remove from heat and let the **paella** sit for 5 minutes then garnish with the **parsley**, **olives**, and **lemon**.

***If you don't have an oven-safe skillet, you can use a large pan for steps 2-3 then transfer the mix to an oven-safe dish to bake, then back to the pan after baking.**

Nutrition Facts	
Valeur nutritive	
Per (1337 g)	
Enter French Serving on Recipe Edit Page (1337 g)	
Calories 1290	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 42 g	56 %
Saturated / saturés 6 g	30 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 196 g	
Fibre / Fibres 16 g	57 %
Sugars / Sucres 16 g	16 %
Protein / Protéines 40 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 1320 mg	57 %
Potassium 1500 mg	32 %
Calcium 700 mg	54 %
Iron / Fer 12 mg	67 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	

