

Vegetable Paella

Season: Autumn

Type: Main

Serves: 32 tastings

From the garden: Pumpkin, garlic & parsley

Class focus: Slicing, chopping, cutting into cubes
& mincing



Equipment:

Large saucepan & lid x 1
Wooden spoon x 1
Chopping boards and knives
Measuring cups
Measuring spoons
Serving bowl x 5
Serving spoon x 5

Ingredients:

6 tablespoons olive oil
1 onion (finely chopped)
2 cloves garlic (minced)
1 capsicum (deseeded, cubed - 1cm)
2 teaspoons smoked paprika
1 teaspoon turmeric
1 ½ teaspoons salt
10 grinds of pepper

2 cups Arborio/medium grain rice
6 cups water
1 vegetable stock cube
2 tablespoons tomato paste

1 pumpkin (skin-off, cubed - 1cm)
1 ½ cups frozen peas
¼ cup parsley (leaves only, finely chopped)

What to do:

1. Wash all the vegetables and herb.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Cook the first 8 ingredients in a large saucepan over medium heat until onion is softened, about 5 minutes.
4. Add the next 4 ingredients and mixed evenly.
5. Bring to the boil, turn the heat to low, put the lid on and cook with occasional stirring until **half** the liquid is absorbed.
6. Add the last 3 ingredients, continue to cook until rice is cooked through. Remove from heat.
7. Serve into 5 large serving bowls with a serving spoon in each.