**Vegetable Paella**

**Ingredients**

* [](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjygpTEspXWAhUGVxQKHSfTDesQjRwIBw&url=http://www.taste.com.au/recipes/paella-3/5f53582e-1b22-48f5-b560-6c302b64071f&psig=AFQjCNG6JGkbwhPDh7S8VzQteMJe0_5p3Q&ust=1504953419924992)2 cloves of garlic
* 1 onion
* 1 carrot
* ½ a bunch of fresh flat-leaf parsley
* olive oil
* 1 teaspoon sweet smoked paprika
* 1 red pepper
* 1 tablespoon tomato purée
* 1 organic chicken stock cube
* 300 g paella rice
* 100 g frozen peas

**Method**

1. Peel and finely slice the garlic, peel and roughly chop the onion and carrot. Finely chop the parsley stalks.
2. Put a glug of oil into a large lidded shallow casserole or paella pan on a medium heat, add the garlic, onion, carrot, parsley stalks and paprika, and fry for around 5 minutes, stirring regularly.
3. Deseed and chop the pepper, then add to the pan for a further 5 minutes.
4. Stir through the tomato purée and crumble in the stock cube, then add the rice and stir for a couple of minutes.
5. Pour in 750ml of boiling water and add a pinch of sea salt and black pepper. Pop the lid on and bring to the boil, then reduce to a simmer for 15 minutes, stirring regularly from the outside in and from the inside out, and adding a splash of water if needed.
6. Stir in the peas, replace the lid, and cook for a further 5 minutes, or until hot through.
7. Season to perfection, then chop the parsley leaves, scatter them over the paella.

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiXrKfO9sPSAhWCXhoKHTsQAr8QjRwIBw&url=http://beaulifes.com/wash-fruit-vegetables/&psig=AFQjCNHqjoNoNXlCDaUOCNsUiYUoYZhIIw&ust=1488960056353284)

[5](https://www.amazon.co.uk/5-Ingredients-Quick-Easy-Food/dp/0718187725/ref=as_li_ss_tl?ie=UTF8&qid=1500370953&sr=8-1&keywords=5+ingredients+-+quick+&+easy+food&linkCode=ll1&tag=jo-qne-www-21&linkId=d1f2a21e97ca7b60158e071755440255" \t "_blank)

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Wash the vegetables

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiY4e-Q98PSAhXLiRoKHQFNBrYQjRwIBw&url=http://www.massline.org/Philosophy/ScottH/ChoppingOnions.htm&bvm=bv.148747831,d.ZGg&psig=AFQjCNE6yfuJwigJgHCmtrOC5nTjTu4uTw&ust=1488960189872383)[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiy_aLy9sPSAhXI1hoKHdCZClcQjRwIBw&url=http://myobrainperformance.com/psychology/2015/1/30/peeling-back-the-onion-finding-motivation&bvm=bv.148747831,d.ZGg&psig=AFQjCNElngz7cinxZ5Lmaa95-XgyovOg1A&ust=1488960124363181) Peel and chop the vegetables

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwipibah-MPSAhXFVRQKHTduBoYQjRwIBw&url=https://www.chowhound.com/food-news/54694/the-basics-how-to-make-a-veggie-stir-fry/&bvm=bv.148747831,d.ZGg&psig=AFQjCNGIN9k51SIE0FO5-haYbyPivlRSjQ&ust=1488960497563903)

Stir fry the vegetables

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwims7ftgODUAhWCtxoKHerrAy0QjRwIBw&url=http://www.masterfile.com/search/en/sprinkling%2Bspices&psig=AFQjCNEYw_G6wD2omZUw-kMkArOCdDPGqQ&ust=1498720969472217)

Add the spices you want

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwij29zZ-MPSAhUFtRQKHbBjAGEQjRwIBw&url=http://omnivorescookbook.com/mixed-vegetables-and-pork-rice/&bvm=bv.148747831,d.ZGg&psig=AFQjCNH8y8Y6qwhxo9PSdvscOEvtjq7cTA&ust=1488960598340160)Add the rice and water and bring to the boil, then simmer for 15 minutes.

[](https://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=0ahUKEwj0qumYspXWAhXMtxQKHbMzBk0QjRwIBw&url=https://www.alibaba.com/product-detail/cheap-peas_50033035902.html&psig=AFQjCNEIzxgePrDdlaRs_SmRji4McQpkCA&ust=1504953331152157)

Add the peas and cook for a further 5 minutes.

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjygpTEspXWAhUGVxQKHSfTDesQjRwIBw&url=http://www.taste.com.au/recipes/paella-3/5f53582e-1b22-48f5-b560-6c302b64071f&psig=AFQjCNG6JGkbwhPDh7S8VzQteMJe0_5p3Q&ust=1504953419924992)Eat and enjoy[](https://www.jamieoliver.com/italian/quickandeasy/?utm_source=JO.com&utm_medium=JO.com&utm_campaign=QAEF%20book%20now%20jo.com)