

Vegetable Paella

Season: Summer

Type: Main

Serves: 32 tastings

From the garden: Zucchini & corn

Class focus: Mincing garlic, cutting corn kernels off the cob & chopping vegetables & herb



Equipment:	Ingredients:
<p>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</p>	<p>6 tablespoons olive oil ½ onion (finely chopped) 2 cloves garlic (minced) 2 teaspoons sweet paprika 2 teaspoons smoked paprika 1 teaspoon turmeric 1 ¾ teaspoons salt 10 grinds of pepper</p> <p>2 cups medium grain rice 6 cups water 1 vegetable stock cube 2 tablespoons tomato paste</p> <p>1 zucchini (finely chopped) 2 ears of corn (cut corn kernels off the cob) 1 tablespoon parsley (leaves only, finely chopped)</p>

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. Put the first 8 ingredients in a large saucepan and heat over medium-high heat until onion is softened, about 3 minutes.
4. Add the next 4 ingredients and mix evenly.
5. Bring to the boil, turn the heat to low, put the lid on and cook with occasional stirring until half of 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.