





# PAELLA DE VERDURAS

gluten free | dairy free | nut free | plant-based

READY IN  
1 hr.

A real crowd pleaser... this wonderful rice dish from Spain is SO tasty, SO simple to make and SO good for you... Mushrooms are rich in  $\beta$ -Glucans and while their anticancer, antidiabetic, anti-inflammatory and immune-modulating properties are a benefit, studies suggest that  $\beta$ -glucans can have a significant impact on the gut microbiota and in turn have positive effects on your health <sup>[1,2]</sup> Make sure you make double the recipe, so you have lunch leftovers, because the next day you can enjoy the added benefits of [resistant starch](#) for your beneficial gut bacteria!



YOU'LL NEED...	1 	2 	3 	4 
Vegetable stock liquid	1 cup	2 cups	3 cups	4 cups
Saffron threads or powder	¼ tsp	½ tsp	¾ tsp	1 tsp
Peas, <i>fresh or frozen</i>	½ cup	1 cup	1 ½ cups	2 cups
Onion – Brown <i>small</i>	½ whole	1 whole	1 ½ whole	2 whole
Mushrooms, button	90 g 3oz	180 g 6oz	270 g 9oz	360 g 12oz
Tomato <i>any type</i>	1 whole	2 whole	3 whole	4 whole
Olive oil, extra virgin <i>organic, optional</i>	½ tsp	1 tsp	1 ½ tsp	2 tsp
Paprika powder, sweet <i>mild</i>	½ tsp	1 tsp	1 ½ tsp	2 tsp
Turmeric powder	¼ tsp	½ tsp	¾ tsp	1 tsp
Rice, Arborio <i>dry</i>	100 g 3.5oz	200 g 7oz	300 g 10oz	400 g 14oz
Tomatoes, diced 400g (14oz) <i>organic</i>	½ can	1 can	1 ½ cans	2 cans
Parsley, fresh <i>optional for garnish</i>	¼ handful	½ handful	¾ handful	1 handful

## LET'S GET STARTED...

- Pour vegetable stock liquid into a saucepan and add saffron threads. Over a low-heat simmer until hot, then turn off when ready.
- Put frozen peas in a bowl and let defrost naturally until needed.
- Finely dice onion, slice mushrooms and roughly chop tomato.
- Use *optional* olive oil, or a splash of water, and in a wide saucepan, wok or paella pan over a medium-high heat, sauté onion until translucent then add paprika and turmeric and a splash of vegetable stock liquid, stir well.
- Add mushrooms and cut up tomatoes, keep stirring until slightly tender.
- Add uncooked Arborio rice and mix well. Then turn down heat, to low-medium, and while stirring constantly, slowly pour in the vegetable stock liquid and canned tomato.
- Put your timer on for 10-minutes and then stir. Repeat this '10-min stirring' sequence until the rice is cooked. It will take approx. 35-minutes to be ready. Add more vegetable stock liquid if needed.
- When rice is cooked, stir through peas, and let heat through. Serve with *optional* chopped parsley on top.
- Keeps in the fridge for 1 week. Freezes well.

## VARIATIONS (SERVES 1)

- **HOT 'N' SPICY** – Add ½ fresh finely diced red Chilli pepper when sautéing onions.
- **GREENER** – Add 4 sliced green string beans when sautéing mushrooms.
- **ARTICHOKE** – Add Artichoke hearts (from a jar) to taste, when adding the peas, to heat through.

1. A critical review on health promoting benefits of edible mushrooms through gut microbiota. 2017
2. A critical review on the impacts of  $\beta$ -glucans on gut microbiota and human health. 2019