

LOVE THY CARROT

real food made with love

. . .

PAELLA WITH LOTS OF VEGGIES

INGREDIENTS

- 2 tbsp. olive oil or more if needed
- 1 red or yellow bell pepper, chopped, about 1 cup
- 6 green onions, thinly sliced, about 1 cup
- 3 cups vegetable broth
- 3 cloves garlic, minced
- 1 tsp. crumbled saffron threads
- pinch of cayenne pepper
- 1 cup short-grain white or brown rice
- 1 cup fresh or frozen baby peas
- 1 cup halved grape or cherry tomatoes
- 1 cup pitted green and black olives
- 10 stalks of asparagus, trimmed
- 1 lemon, cut into wedges
- ¼ cup chopped fresh parsley
- 1 tin of chickpeas, drained, (optional)

DIRECTIONS

1. Heat oil in large nonstick skillet or cast iron pan over medium heat. Add peppers, green onions and garlic, cook 5 minutes. Stir in broth, saffron and cayenne pepper bring to a boil. Add rice and reduce heat to medium-low and simmer covered for 10 minutes.
2. Add asparagus, peas, tomatoes, olives and chickpeas over rice. Cover and cook for about 8 minutes, or until rice is tender. Remove from heat, and let rest, covered for 5 minutes. Season with salt and pepper.
3. Garnish with grilled artichokes, lemon wedges and parsley.

COOKS NOTES

- You can use broccoli, zucchini or green beans if asparagus are not in season.
- This is great with grilled artichokes and fresh corn grilled or straight of the cob.
- If you want to try using brown rice you will have to adjust the cooking time.
- I love to serve this at the table from my cast iron pan.