



HOME CHEF

2 SERVINGS SHOWN

Artichoke and Roasted Red Pepper Paella

With Saffron Scented Arborio Rice



Saffron is one of the most prized and expensive spices on the planet. It's incredibly difficult to harvest because the spice is actually the stamen of the Crocus flower, which must be carefully plucked by hand. Saffron's unique, earthy flavor is only matched by the beautiful yellow tint it lends to this delicious rice dish. Fortunately, just a little bit goes a long way in a paella—a pinch of the good stuff brings out the best in this veggie-studded creamy rice dish.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 519
Carbohydrates: 111g
Fat: 12g
Protein: 16g
Sodium: 602mg
per serving

DIETARY



LOW CALORIE



DAIRY-FREE



GLUTEN-FREE



NUT-FREE

DRINK PAIRING

Grenache
Rioja
Dry Rose

INGREDIENTS

2 tsp. Minor's Vegetable Base, Gluten-Free
5 oz. Green Beans
6 oz. Cremini Mushrooms
4 oz. Roasted Red Peppers
10 Saffron Threads
1 tsp. Smoked Paprika
6 ½ oz. Arborio Rice
14 oz. Diced Tomatoes, Canned
5 oz. Frozen Peas
7 oz. Artichoke Hearts

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Wire-Mesh Strainer
Medium Pot
Large Pan

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Prepare the Ingredients

Heat 3 cups of **water** in a medium pot over high heat. Add **vegetable base** and stir to dissolve. Thoroughly rinse produce and pat dry. Trim ends from **green beans** and cut into 1” pieces. Quarter **cremini mushrooms**. Drain **artichokes** and **roasted red peppers**. Thinly slice roasted red peppers.

Prepare Saffron Broth

Lower heat of **boiling water** to low and add **saffron threads**, pinching threads between thumb and forefinger to release as much of the flavor as possible. Keep broth warm while you begin paella.

Begin The Paella

Heat a large pan over medium heat. (Pan ideally should be wide, shallow and heavy bottomed.) Heat 2 tsp. of **olive oil** and add **mushrooms** and **green beans**. Season with **paprika** and a pinch of **salt and pepper**. Stir and cook until vegetables begin to soften, about 3 minutes.

Add the Rice

Add **rice** and **tomatoes** to pan. Stir to coat rice and cook until grains look slightly translucent, 2-3 minutes. Add **saffron broth** and stir once. (This is not risotto, so resist the urge to stir constantly!)

Finish The Paella

After about 15 minutes, distribute **peas**, **roasted pepper** and **artichoke hearts** over the top of the paella. Again, don't stir! Continue simmering about 10 more minutes, or until all liquid has been absorbed and the rice is tender.

Plate the Dish

Paella is traditionally served family style, so you can place it directly at the dinner table (using a trivet or potholder to protect your table.)