



RECIPE

VEGETARIANA PAELLA BY JOSÉ



Paella –
pronounced:
pah-ey-yah

Cooking time:
30-45 minutes

Serves:

4

Ingredients

- 4 cloves garlic, finely chopped
- 1 red onion, diced
- 1 green capsicum, sliced
- 1 red capsicum, sliced
- 1 zucchini, diced
- 2 carrots, diced
- 200g firm tofu, cut in cubes
- 2 cups cabbage, shredded or roughly chopped
- 2 tomatoes, diced
- 3 tbsp olive oil
- 1 tsp salt (optional)
- 1 tsp sweet paprika
- 1 tsp smoked paprika
- ½ cup white wine
- 350g medium grain rice

- 880ml vegetable stock
- ½ cup Kalamata olives
- 1 lemon, cut into wedges
- Fresh parsley, chopped, to serve

Method

- **Heat the olive oil** in a large paella pan or wide frying pan over medium heat. Add the garlic and red onion and cook until softened and fragrant.
- **Add the green and red capsicum** and cook for a few minutes until they begin to soften.



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- **Stir in** the tomatoes, sweet paprika, and smoked paprika. Add a splash of white wine and cook down for a few minutes to create the sofrito* base.
- **Add the** tofu, zucchini, carrots, and cabbage. Cook until the vegetables are tender but not overcooked.
- **Add the** rice and stir through the vegetables for about 5 minutes so the rice absorbs the flavours.
- **Pour in** the vegetable stock and season with salt. Spread the rice mixture evenly across the pan.
- **Simmer gently** without stirring for about 30–35 minutes, or until the rice is cooked and the liquid has absorbed.
- **Scatter over** the Kalamata olives and serve with fresh parsley and lemon wedges.

***Sofrito:** in Spanish, sofrito means to sauté or lightly fry something - and refers to a technique rather than an actual recipe. In the Spanish version, the base is built by slowly simmering aromatics including onions, garlic and tomatoes in olive oil.

Paella originated in Valencia in Spain. It's believed to have begun as a dish created by farmers working in the country fields, who would gather whatever ingredients they had on hand and combine them with the rice they grew. Interestingly, paella refers not only to the dish itself but also to the wide, shallow pan in which it is traditionally cooked.



Feast of Cultures brings multicultural community members together to share stories, celebrate culture, and connect over a meal.



These recipes have been generously compiled and provided by people of multicultural background living in and around Mt. Alexander Shire.

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