

Vegetable Paella

Season: Autumn

Type: Main

Serves: 36 tastings

From the garden: Zucchini, corn, onion & parsley

Class focus: Cutting corn kernels from the cob



Equipment:	Ingredients:
<p>Small stockpot & 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) 1 capsicum (finely chopped) 2 teaspoons smoked paprika 1 teaspoon turmeric 1 ½ 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 (cubed – 1cm) 2 ears of corn (cut corn kernels from the cob) ¼ cup 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 small stockpot and heat over medium-high heat until onion is softened, about 5 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.