



Food For Thought Recipe and Allergen Card

Vegetable Paella

50 Portions

Ingredient	Hannah Product Code	Quantity
Easy Cook Rice	D006044	2.5kg
Turmeric	D002140	1 tbsp
Onions - diced		1kg
Paprika	D001181	To taste
Peas	F003010	500g
Cherry Tomatoes - halved		20
Mixed Peppers - diced		1kg
Olive oil – for frying	D001010	
Lemon Juice		1 lemon
Spring Onion		2 bunches
Fresh Parsley		To taste
Salt	D001199	To taste
Pepper	D001103	To taste
Garlic - Diced		4 cloves

RECIPE METHOD – ALLERGENS

1. Wash the rice under cold running water and add to a large pan of boiling water seasoned with salt and 1 tbsp of turmeric powder
2. Cook until rice is tender but be cautious not to overcook, drain and keep warm
3. In a separate pan fry the onions, then the garlic and peppers
4. Add the hot rice and mix well
5. Season with salt and pepper, adding paprika to taste
6. Add the sliced spring onions and halved cherry tomatoes
7. Finish with the Juice of 1 lemon and a handful of fresh chopped parsley

The allergens highlighted in **RED** are present in this dish

Allergens:

Cereals : Wheat
Rye
Barley
Oats
Spelt
Kamut

Milk

Eggs

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...