

## Artichoke paella

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## Artichoke paella

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## Artichoke paella

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Paella can be difficult to master, but this one-pot recipe is a breeze.

### Ingredients (serves 4)

- $\frac{1}{2}$  tsp saffron threads
- 1 tsp salt
- 1 L low-sodium chicken or fish stock
- 2 tbsp plant-based [oil](#)
- 1 brown onion, diced
- 2 garlic cloves, crushed
- $\frac{1}{2}$  large tomato, diced
- 1 red [capsicum](#) (bell pepper), diced
- 1 cup long-grain brown rice
- 1 tsp smoked [paprika](#)
- 400 g tinned artichoke hearts, drained and rinsed, whole or cut into wedges
- $\frac{1}{2}$  cup frozen peas
- $\frac{1}{2}$  cup flat-leaf parsley, chopped
- Lemon wedges to serve

### Method

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Grind the saffron and salt in a mortar and pestle. Mix together with stock in a bowl and set aside.

Heat oil in a large paella pan over medium heat and add the onion and garlic. Cook for two to three minutes or until onion begins to turn translucent. Add tomato and capsicum and cook for a further two minutes. Add the rice and paprika, stir and cook for another two minutes. Add the saffron-infused stock, stir then allow to come to the boil. Cook for 15 minutes then add the artichoke hearts. Sprinkle over the peas and continue to cook for two to three minutes more.

Remove pan from heat, sprinkle over the chopped parsley and serve with the lemon wedges.

Recipe and images from *Kenko Kitchen* by [Kate Bradley](#)

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