

Vegan Paella

Ingredients

1 can jackfruit
4 tbsp fish sauce (<https://www.veets.com.au/blog/green-papaya-salad>)
1 large eggplant cut into strips and salted overnight (rub 2tsp to 1 tbsp of salt onto the eggplant strips, put in the fridge)
½ tsp saffron
3 tbsp lemon juice
1 tbsp olive oil
2 medium onions finely diced
8 cloves garlic (you can use less) minced
1 large capsicum sliced finely
3 tsp smoked paprika
2 tsp salt
2 cups arborio rice
Up to 6 cups vegetable stock
6 long stemmed artichokes
1 cup halved cherry tomatoes
1 cup defrosted peas
Lemon wedges for serving

Method

1. Marinate the jackfruit in 4 tbsp of fish sauce. Leave it to marinate overnight or for a few hours.
2. Rinse the eggplant then place in a baking tray with a generous splash of olive oil and cook in the oven for 20 minutes or until tender.
3. Place the saffron in a bowl and add the lemon juice
4. Using a Paella pan or wide shallow saucepan and heat the olive oil for a few minutes, then add the onion and cook for 3 minutes. Next add the garlic and capsicum and Sauté for 5 minutes. Add the smoked paprika and salt.
5. Add the rice and stir for a few minutes then add 4 cups of the vegetable stock and the saffron and lemon juice. Stir well until all combined. Bring to a boil and reduce to a simmer as soon as it boils. Cover for 20 minutes.
6. While rice is cooking chargrill the artichokes and then the jackfruit (I use a griddle pan).
7. Test the rice after 20 minutes, adding more stock if it is not cooked (start with ½ cup stock first). Add the peas, jackfruit and cooked eggplant and toss gently.
8. Once cooked turn up the heat for 2 minutes to get a crust on the bottom. Then turn off the heat and let rest for 5 minutes – do not touch the rice. Then scatter on the tomatoes, parsley and lemon wedges. Serve straight away.



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