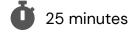






Buckwheat Chicken Paella

Buckwheat paella flavoured with our custom-blend Spanish spice mix, filled with veggies and finished with fresh and vibrant lemon!







Top it!

If you want to add more traditional toppings to the paella, drizzle over some aioli, sprinkle over finely chopped parsley or drizzle over some garlic yoghurt for a more nutritious option.

TOTAL FAT CARBOHYDRATES

39g

12g

6 January 2023

55g

FROM YOUR BOX

| BUCKWHEAT | 1 packet (200g) |
|--------------------|-----------------|
| SPRING ONIONS | 1 bunch |
| TOMATOES | 2 |
| SPANISH SPICE MIX | 1 sachet |
| ZUCCHINI | 1 |
| LEMON | 1 |
| CHICKEN SCHNITZELS | 600g |
| GREEN OLIVES | 1 jar |
| | |

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube

KEY UTENSILS

saucepan, large frypan, BBQ

NOTES

You can cook the chicken on a BBQ, griddle pan or frypan.



1. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 10-12 minutes until tender. Drain and rinse.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with oil. Finely slice spring onions (reserve green tops for garnish) and chop tomatoes. Add to pan along with Spanish spice mix, crumbled stock cube and 1/2 cup water. Cook for 5 minutes until softened.



3. ADD THE VEGETABLES

Dice zucchini. Add to pan and cook for a further 5 minutes.



4. BBQ THE CHICKEN

Heat a BBQ to medium-high heat (see notes). Zest lemon. Coat chicken in oil, lemon zest, salt and pepper. Add to BBQ and cook for 4-5 minutes each side.



5. TOSS THE BUCKWHEAT

Drain and rinse olives. Add to pan with vegetables along with buckwheat. Toss well to combine. Season to taste with salt and pepper.



6. FINISH AND SERVE

Wedge lemon.

Serve chicken and paella tableside. Garnish paella with reserved spring onion green tops and serve with lemon wedges.



