



Plant-Based: Tomato Paella

with Marinated Chickpea Salad



20-30min



2 Servings

For this vegan take on Spanish paella, short grain rice is simmered in a skillet with tomato paste, onion, garlic, and smoked paprika then topped with juicy plum tomatoes and baked. The secret to a good paella is the crispy rice that forms on the bottom the the pan, known as socarrat, it adds a toasted crunchy layer to complement the soft flavorful rice.

What we send

- garlic
- 1 medium yellow onion
- 2 plum tomatoes
- ¼ oz fresh parsley
- 6 oz tomato paste (use 2 Tbsp)
- ¼ oz smoked paprika
- 5 oz arborio rice
- 1 can chickpeas
- 2 oz celery

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar)

Tools

- medium ovenproof skillet
- fine-mesh sieve

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 700kcal, Fat 36g, Carbs 105g, Protein 19g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Finely chop **1 teaspoon garlic**. Finely chop **1½ cups onion**. Core **tomatoes**, then thinly slice crosswise. Pick **2 tablespoons whole parsley leaves** from **stems**, and reserve for serving; finely chop remaining leaves and stems.



4. Make paella

Add **1¾ cups water**, **half of the chopped parsley**, and **¾ teaspoon salt** to skillet. Arrange **marinated tomatoes and their juices** on top. Bring to a boil, without stirring, 3–4 minutes. Cover and bake on upper oven rack until liquid is nearly absorbed and rice is tender, about 15 minutes. Remove from oven. Let stand, covered, for 5 minutes.



2. Marinate tomatoes

In a medium bowl, toss to combine **tomatoes**, **2 teaspoons oil**, **¼ teaspoon of the chopped garlic**, **¼ teaspoon salt**, and **a few grinds of pepper**. Let marinate until step 5.



5. Marinate chickpeas

While **paella** bakes, drain and rinse **chickpeas**. Trim ends from **celery**, then thinly slice. In same bowl, combine **remaining garlic**, **2 teaspoons vinegar**, and **1½ tablespoons oil**. Season to taste with **salt** and **pepper**. Add **chickpeas**, **celery**, and **remaining chopped parsley**; stir to combine.



3. Sauté aromatics

Heat **1½ tablespoons oil** in a medium ovenproof skillet. Add **onions** and cook, stirring, until softened, 3–4 minutes. Stir in **2 tablespoons tomato paste** and **1 teaspoon smoked paprika**; cook until brick red, about 30 seconds. Add **rice** and **1 tablespoon oil** and cook, stirring, until fragrant, about 30 seconds.



6. Finish & serve

Return skillet to stovetop over medium heat and cook, uncovered, until bottom of skillet begins to smell toasty, carefully rotating skillet for even browning, 3–4 minutes (remember the handle is hot!) Remove from heat. Sprinkle with **salt**, garnish with **reserved parsley leaves**, and serve with **chickpea salad** alongside. Enjoy!