

Chickpea & Veggie Paella

Serves: 8

Prep: 15 mins

Cook: 30-35 mins



Dietary: V, VEG, EF, GF, DF, NF

Age group: 8 months+

MindChamps®

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Ingredients

- 2 tbsp (40ml) extra virgin olive oil
- 1 brown onion (180g), peeled and finely chopped
- 1 red capsicum (230g), rinsed, deseeded and finely diced
- 3 garlic cloves (15g), peeled and finely grated
- 2 tbsp soft thyme leaves
- 2 tsp smoked paprika
- 1 tbsp tomato paste
- 200g basmati rice
- 600ml vegetable stock
- 1/2 cup frozen peas
- 1 zucchini, rinsed and finely diced
- 920g canned chickpeas, drained and rinsed
- 2 tbsp parsley, rinsed and finely chopped
- 1 lemon, cut into wedges (optional)
- 12g nutritional yeast flakes

Storing Leftovers: Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

Method

1. Heat the olive oil in a large, deep-frying pan or wide pot over medium heat. Add the onions and capsicum. Cook for 3-5 mins, stirring, until softened.
2. Stir in the garlic, thyme, smoked paprika and tomato paste. Cook for 1-2 mins until fragrant.
3. Add the basmati rice to the pan and stir to coat in the flavours for 1-2 mins.
4. Pour in the stock, stir, bring to a simmer, cover with a lid, and cook over low heat for 20 mins. Check occasionally and add a little extra water if needed to prevent sticking.
5. Stir in the peas, zucchini, and chickpeas. Cover and cook for a further 5 mins, until the rice is tender, veggies are cooked, and liquid is mostly absorbed.
6. Remove from heat, scatter with the chopped parsley and nutritional yeast, and fluff gently with a fork.
7. Divide into bowls and serve with lemon wedges on the side for squeezing.

Tips

✓ Easy ingredient swaps:

Swap chickpeas to beans or legumes of choice.
Swap vegetables to seasonal vegetables of choice.
Swap stock for water.

✓ Baby-friendly version:

Serve mashed or in finger food-sized pieces.

✓ For selective eaters:

Serve this meal deconstructed and encourage children to serve themselves. Serve with a garnish bowl on the side and encourage children to sprinkle over their bowls at their own pace.