



# PLANT-FORWARD COASTAL PAELLA

Chefs Tia + Matthew Raiford

Serves 6-8

## Ingredients:

3 tablespoons olive oil  
3 cloves garlic, minced  
1 teaspoon red pepper flakes  
1 red onion, medium dice  
2 multi-colored bell peppers  
1 pound mushrooms, sliced (your choice: baby bellas, portabella, shitake, etc.)  
½ pound carrots, sliced or small diced  
2 cups uncooked long grain rice  
1 pinch saffron (can be purchased at most local groceries on the international aisle)  
2 bay leaves  
1 quart vegetable stock  
2 limes, zested and juiced (reserve zest until plating)  
¼ cup celery, sliced  
½ bunch Italian parsley, leaves rough chopped

## Instructions:

1. Heat olive oil in a large skillet or paella pan over medium heat.
2. Stir in garlic, red peppers, and onions, then sauté until onions start to caramelize.
3. Add bell peppers, mushrooms, carrots, and rice. Cook, stirring, until rice is coated with oil. Then add saffron, bay leaves, and stock.
4. Bring to a boil, then reduce heat to a simmer and cook for 20 minutes without stirring.
5. Allow rice to cook until done.
6. Once rice is cooked, remove from the stove.
7. Pour lime juice over paella.
8. Serve with Italian parsley and lime zest.



# HOJA SANTA SALAD WITH PEPITAS

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Serves 6-8

## Ingredients:

¼ cup pumpkin seeds (pepitas), raw and unseasoned

2 teaspoons fennel seeds, toasted

4 large hoja santa leaves, washed and patted dry (or another flavorful leafy herb or fresh green of your choice)

½ lb romaine lettuce, washed, dried and torn into small pieces

3 celery ribs, sliced very thinly crosswise

¼ cup extra virgin olive oil

3 tablespoons fresh lemon juice

1 teaspoon salt

2 tablespoons dried cranberries

3 tablespoons finely minced shallots

## Instructions:

1. In a skillet, toast the fennel seeds with the pumpkin seeds until fragrant and lightly browned. Then crush them together in a molcajete or other mortar & pestle. Set aside.
2. Prepare the hoja santa by first removing the stems and then ripping the leaves into bite-sized pieces.
3. Combine the romaine, celery, and hoja santa into a medium-sized mixing bowl, and add the cranberries and minced shallots. Toss the mixture with the remaining ingredients, seasoning to taste, and serve.