

Vegetarian Paella

Serves 10

Ingredients	
50 ml olive oil	1 large (160g) red pepper seeded and cut into thin strips
8 (48g) cloves minced garlic	1 large (160g) green pepper seeded and cut into thin strips
2 large onions (300g) chopped	1 large (160g) yellow pepper seeded and cut into thin strips
750 ml water	3 medium carrots (approximately 200g) finely sliced
Kallo low salt vegetable stock cube	100g frozen peas
450g Spanish paella rice	2 tins (800g) artichoke hearts
300g tomatoes chopped	2 lemons plus extra lemon wedges to garnish

- METHOD:
- Heat the olive oil in a paella pan or large saucepan/frying pan and sauté the onion and garlic until the onion is tender and translucent. At the same time, heat the stock in a separate saucepan until simmering.
- Pour the rice into the pan with the onion and garlic and sauté for about 3 minutes. Add the peppers, carrot and tomatoes and cook for a further 3 minutes. Add the simmering vegetable stock and cook over medium heat for 20 minutes or until almost tender and almost all the liquid has been absorbed. Stir in the peas.
- Sprinkle the artichoke hearts with a few drops of lemon juice and arrange over the rice in an attractive pattern. Continue cooking until the liquid has been absorbed and the rice is tender.
- Serve the paella rice straight from the pan, garnished with lemon wedges



- ✓ COOKS TIP – FOR PUREE DIETS, PREPARE EXTRA VEGETABLES AND MAKE A PEA, CARROT AND PEPPER PUREE

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
254	6.8	6.3	42.1	5.7	0.2	1.4	47