



VEGETABLE PAELLA

Starchy accompaniment: This recipe provides a portion of starchy food and counts towards the standard to provide a portion of starchy food at lunch every day.

Recipe adapted from: Sam Ward, Catering Manager, Collaton St Mary Primary School

Ingredients

100ml olive oil
480g red peppers , deseeded and cut into julienne strips
480g green peppers, , deseeded and cut into julienne strips
200g courgettes, diced
780g aubergines, diced
600g green beans
1kg tomatoes, skinned, deseeded and diced
12g (4 cloves) garlic cloves
¼tsp turmeric
1.5tsp paprika
2.5L vegetable stock, prepared from vegetable stalks and peelings
1kg Arborio rice

Method

1. Place the oil in a pan and sauté the red pepper for 10 minutes, remove from pan to keep for presentation.
2. Sauté the remaining vegetables for 10 minutes in pan.
3. Add tomatoes to pan along with the garlic and cook for a further 3 minutes.
4. Add stock to the pan with saffron and the paprika simmer for 20 minutes.
5. Scatter the rice evenly over the stock and vegetables, cook for a further 20 minutes over a low heat, avoid stirring the rice.
6. When the water has almost been absorbed add the red pepper to decorate.

Serving suggestion: add cubes of tofu to make a vegetarian main dish.



Number of portions this recipe makes:

30 primary servings (230g)
18 secondary servings (385g)



Prep: 15 minutes
Cook: 1hr



Allergy information:

None



Top Tips

Substitute Arborio rice for pudding rice.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats.