



QUORN™ VEGETABLE PAELLA

Vegetarian Main: this recipe provides a portion of vegetables, starchy food and non-dairy source of protein. It counts towards the standard to provide a portion of starchy food every day and a portion of non-dairy source of protein at least three times each week.

Recipe adapted from: Lancashire County Commercial Group

Ingredients

15ml olive oil
100g onion, peeled and chopped
10g garlic purée
100g red pepper, deseeded and sliced
100g yellow pepper, deseeded and sliced
300g canned tomatoes
100g green beans, trimmed
100g peas, frozen
600g Quorn™ pieces
450g brown rice
10g (3tsp) paprika
10g turmeric
5g (1½tsp) mild chilli powder
1 each lemon, zest
500ml water

Method

1. Heat the oil in a pan and add the onion and garlic purée, stirring regularly until softened.
2. Add the sliced peppers and fry for a further 4-5 minutes.
3. Stir in the tomatoes, beans and peas and cook for 6 minutes.
4. Add the Quorn™ pieces, rice, paprika, turmeric, chilli powder, lemon zest and stir well.
5. Add the water and simmer for approximately 25 minutes or until the rice is tender adding more water if required.
6. Ensure the dish reaches an appropriate core temperature and serve immediately.

Serving suggestion: with a green salad.



Number of portions this recipe makes:

10 primary servings (300g)
7 secondary servings (425g)



Prep: 10 minutes
Cook: 50 minutes



Allergy information:

Egg, sulphites



Top Tips

Using herbs and spices adds flavour in place of stock to reduce the salt content.

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.