## The Independent SCHOOL FOOD PLAN



1

Number of portions this recipe makes: 30 primary servings (230g) 18 secondary servings (385g)

Substitute Arborio rice for pudding rice.



Prep: 15 minutes Cook: 1hr

**Top Tips** 



Allergy information: None

## **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 ½tsp turmeric 1.5tsp paprika 2.5L vegetable stock, prepared from vegetable stalks and peelings 1kg Arborio 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.

## **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.

CHILDREN'S FOOD TRUST Eaf Better Do Better We have asked Children's Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF). Public Health England has supported the School Food Plan to develop this 'What Works Well' recipe. The 'What Works Well' website brings together the best ideas in school food & food education <u>http://www.schoolfoodplan.com/www</u>

Public Health England

WHAT WORKS WELL