

# Spanish Vegetable Rice



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4-6 portions

## INGREDIENTS

150g Onions  
10g Garlic  
120g Mixed Peppers  
25ml Vegetable Oil  
600g Meat-free Mince  
500g Long Grain Rice  
1 tsp Paprika  
½ tsp Ground Turmeric  
200g Chopped Tomatoes  
1 tsp Vegetable Powder or 1 Stock Cube  
800ml Cold Water  
200g Peas

## METHOD

Peel and chop the onions, garlic and peppers and add to a large pan.  
Add the oil and cook on a medium heat until softened.  
Add the meat-free mince, rice, paprika and turmeric and cook for a couple of minutes.  
Add the tomatoes, vegetable stock and water.  
Stir well, cover and simmer for approximately 30 - 40 minutes or until the rice is just cooked.  
Stir occasionally to prevent the rice from sticking (a little more water may be required to prevent it becoming dry).  
Just before the rice is cooked, add the peas and stir through.