

Low Protein Rice as Risotto

Ingredients

100g low protein rice

40g butter

1 tablespoon oil

75g onion, peeled

1 clove garlic

75g carrot, peeled

50g celery, trimmed

50g green or red pepper, fresh or frozen

50g French beans, fresh or frozen

1 teaspoon tomato purée

50g mushrooms

Salt and pepper

150ml water



Method

1. Put a large pan of slightly salted water on to boil, add to the rice and stir well. Bring back to the boil and simmer for about 15 minutes or until the rice is just tender. Stir occasionally. Drain the rice and rinse in cold water.
2. Heat the butter and oil together in a large frying pan or saucepan. Finely chop the onion, garlic and carrot. Add them to the pan. Cook for a few minutes.
3. Chop the celery and peppers into small pieces and cut the French beans into shorter lengths. Add them to the pan. Cook gently for about 5 minutes, stirring occasionally.
4. Add the tomato puree and stir well. Slice the mushrooms and add them. Season well with salt and pepper. Pour the water on to the vegetables and bring to the boil. Add the cooked, drained rice and stir well.
5. Leave to simmer gently for about 10 minutes with a lid on the pan to retain moisture.
6. Serve piping hot.

