

## **Spanish Vegetable Paella**

### **Ingredients**

- 1 aubergine, cut into chunks
- Salt and freshly ground black pepper
- Olive oil
- 1 large onion, sliced
- 3 cloves garlic, crushed
- 1 yellow pepper, sliced
- 200g Loprofin Rice
- 1 pint vegetable stock – check protein content on label
- 400g tinned tomatoes, drained
- 100g mushrooms, sliced
- 100g cut green beans
- 1 teaspoon dried saffron

### **Method**

1. Soak the aubergine in slightly salted water for 30 minutes, then rinse.
2. In a large frying pan or wok, heat the oil and fry onion, garlic, peppers, aubergine and saffron for 5 minutes. Mix in the Loprofin Rice and pour in the stock, tomatoes and seasoning.
3. Bring to the boil and simmer for 15 minutes uncovered, shaking the pan frequently and stirring occasionally to stop the rice from sticking to the bottom of the pan.
4. Stir in the mushrooms and green beans, and cook for a further 10 minutes.
5. Serve hot from the pan.

This recipe was provided by Nutricia

*National Centre for Inherited Metabolic Disorders*