



# One pot vegetable rice

## Ingredients (serves 10)

- 625 g basmati or long grain rice
- 625 g mushrooms
- 250 g mixed vegetables (frozen or fresh)
- 1000 g tomatoes
- 2 ½ peppers, yellow/red
- 2 ½ bunches of spring onions
- 5 tbsp olive oil
- 1250 ml vegetable stock
- 125 g feta cheese
- salt and pepper
- grated peccorino or parmesan

## Preparation

1. Clean the mushrooms and cut them into slices. Dice the tomatoes. Remove the seeds from the peppers and cut them into bite-sized pieces. Finely slice the white lower part of the spring onions and sauté them in a pot with the oil.
2. Add the mushrooms, tomatoes, peppers, rice, mixed vegetables and vegetable stock, bring to the boil and simmer over low heat for about 20 minutes until most of the liquid has been absorbed by the rice and the vegetables are tender.
3. Just before the end of the cooking time, stir in the crumbled feta. Season to taste with pepper and salt. Cut the green part of the spring onions into fine rings and place these over the food arranged on the plate. Serve sprinkled with the grated pecorino or parmesan.

## Also good with

- replace rice with bulgur
- replace part of the rice with red lentils

