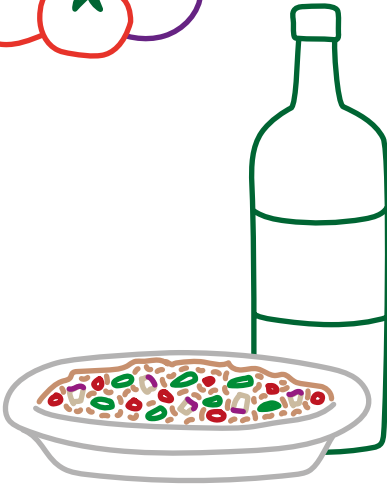
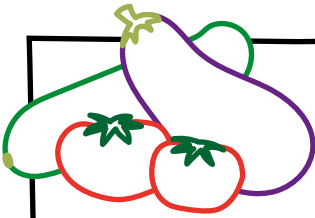


RATATOUILLE RISOTTO

VEGAN • GLUTEN FREE • SERVES 4-6



- 1 COURGETTE, DICED
- 1 AUBERGINE, DICED
- 4 TOMATOES, DICED
- 6 SUNDRIED TOMATOES, SLICED
- 1 ONION, FINELY CHOPPED
- 2 GARLIC CLOVES, FINELY CHOPPED
- 300G ARBORIO RICE
- 150 ML RED WINE
- 900ML VEGETABLE STOCK
- 2 TBSP NUTRITIONAL YEAST
- HANDFUL PARSLEY (OPTIONAL)

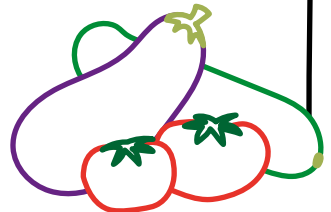
VEGETABLE PEELINGS AND DISCARDED SCRAPS MAKE EXCELLENT, WELL FLAVOURED STOCK, JUST ADD A VEGETABLE STOCK CUBE FOR ADDED RICHNESS BEFORE USING.

PREHEAT THE OVEN TO 180°C. PLACE THE CHOPPED COURGETTE, AUBERGINE, TOMATOES AND SUNDRIED TOMATOES IN AN OVEN PROOF DISH AND ROAST FOR 30-40 MINUTES.

MEANWHILE PLACE THE VEGETABLE STOCK INTO A SAUCEPAN AND HEAT UP OVER A LOW HEAT. IN A SEPARATE PAN ADD THE FINELY CHOPPED ONION WITH A LITTLE OIL ON A MEDIUM HEAT, ADD A LITTLE SALT TO THE ONION TO PREVENT IT FROM COLOURING AND WHEN THE ONION IS TRANSLUCENT, ADD THE GARLIC AND STIR FOR 2 MINUTES. ADD THE RISOTTO RICE AND TOAST FOR 3-4 MINUTES, THEN POUR IN THE RED WINE, STIRRING CONTINUOUSLY.

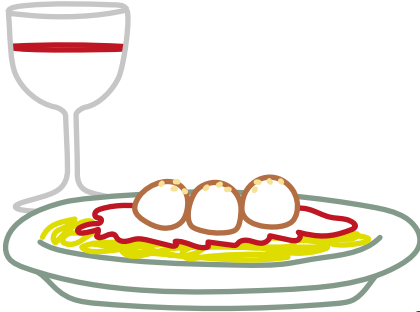
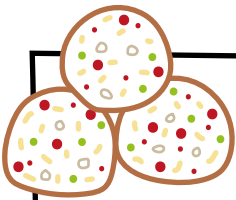
ONCE THE RED WINE IS ABSORBED, BEGIN ADDING VEGETABLE STOCK ONE LADLE FULL AT A TIME AND REDUCE THE HEAT TO LOW. STIR CONTINUOUSLY AND ALLOW EACH ADDITION TO FULLY REDUCE BEFORE ADDING THE NEXT. WHEN ALL THE STOCK IS NEARLY USED UP, THE RICE SHOULD BE ALMOST DONE, ADD THE RATATOUILLE FROM THE OVEN AND TEST THE RICE FOR BITE. ADD THE REMAINING STOCK IF NEEDED, THEN ADD THE NUTRITIONAL YEAST AND PARSLEY, IF USING BEFORE STIRRING THROUGH AND SERVING.

LEFTOVERS MAKE EXCELLENT ARANCINI BALLS.



ARANCINI BALLS

VEGETARIAN • GLUTEN FREE • SERVES 4



1-2 PORTIONS LEFTOVER RISOTTO
CORNFLAKES OR GF BREADCRUMBS

1 TBSP GRATED PARMASAN

1 EGG

2 TBSP GLUTEN FREE FLOUR

1 JAR PASSATA

2 CLOVES GARLIC, CHOPPED

1 TSP OREGANO

1 TSP THYME

SPLASH RED WINE / RED WINE VINEGAR

2 COURGETTES, SPIRALISED

SPIRALISE OR STRIP THE COURGETTES WITH A VEGETABLE PEELER AND PLACE IN THE FRIDGE TO DRY OUT. MAKE GLUTEN FREE BREADCRUMBS BY CRUSHING AROUND 3 HANDFULS OF CORNFLAKES OR BLITZ 2-3 SLICES OF COOLED, GRILLED, GLUTEN FREE BREAD.

PREHEAT THE OVEN TO 180°C. USING OILED HANDS, ROLL THE LEFTOVER RISOTTO INTO MEATBALL SIZED BALLS AND PLACE ONTO A PLATE. WHISK THE EGG IN A SMALL BOWL, IN A SEPARATE BOWL PLACE THE FLOUR WITH SOME SALT AND PEPPER AND IN A THIRD BOWL, PLACE THE BREADCRUMBS AND HALF OF THE GRATED PARMASAN.

ONE AT A TIME, DIP THE BALLS IN THE FLOUR MIXTURE, THEN THE EGG AND FINALLY THE BREADCRUMB AND PARMASAN MIX BEFORE PLACING ONTO A BAKING TRAY. PLACE ARANCINI BALLS INTO THE OVEN AND COOK FOR 30 MINUTES TURNING ONCE HALFWAY THROUGH.

WHILE THE ARANCINI ARE IN THE OVEN, COOK THE GARLIC IN A LITTLE OIL OVER A LOW HEAT, ADD THE HERBS AND A PINCH OF SALT TO STOP IT FROM COLOURING. DEGLAZE THE PAN WITH A SPLASH OF RED WINE OR RED WINE VINEGAR BEFORE ADDING THE PASSATA. ALLOW THE MIXTURE TO BUBBLE AWAY AND REDUCE TO A THICK, TASTY SAUCE.

SERVE ARANCINI BALLS ON A BED OF COURGETTE SPAGHETTI COVERED IN THE SAUCE AND SPRINKLE OF THE REMAINING PARMASAN.

