

Vegetable Paella

2 cups basmati rice
 250 gr green beans
 500 gr frozen broad beans
 1 red pepper
 1 tin tomatoes
 1 teasp. saffron threads
 seasoning
 2 vegetable stock cubes
 200 gr mushrooms
 1 tbsp. paprika
 4 garlic cloves
 juice and rind of 1 lemon
 olive oil
 coconut yoghurt / milk (optional)
 flat parsley chopped

Crush the garlic, cook in olive oil in a large skillet pan. Add the rice and stir to coat the rice in oil. Add some of the vegetable stock dissolved in warm water. Cover the pan and cook. In a small boil add saffron threads and some hot water. Add the saffron and liquid. Add all the additional ingredients and slowly simmer for about 1 hour, stirring occasionally.

If you want to make this dish richer you can add coconut milk or yoghurt at the last minute and some chopped flat parsley to finish the dish off, serve with wedges of lemon.

