

## RICE WITH VEGETABLES, KING PRAWNS AND COD

06

# RECIPES

EN-ROUTE



## INGREDIENTS



1 PERSON

- 100g bomba rice
- 30g crumbled, desalted salt cod
- 3-4 green beans
- 1 handful of peas
- 1 artichoke
- 1/2 carrot
- 3 skinless king prawns
- 1 piece of courgette
- 1 piece of broccoli
- Olive oil
- Salt
- Salmorreta (recipe in the method for rice with pork and artichokes)
- Approx. 300ml of vegetable stock or, failing that, water
- Food colouring
- A little chopped parsley

## STEPS TO FOLLOW

1

### Sofrito:

Chop the vegetables into medium-to-small pieces. Begin softening the carrot and artichokes in a glug of olive oil. Add the green beans, courgette and broccoli. Continue to soften for 10-15 mins. Now add the cod and salmorreta, fry lightly and add the stock and/or water.

2

### Simmer:

When it begins to boil, lower the heat and leave to simmer for approx. 10 mins.

3

### Add the rice:

Now add the rice and let it cook for about 16 mins. Add a little colouring, salt to taste and add chopped parsley. After the 16 mins, turn off the heat, add the king prawns, cover and leave to rest for 5 mins. The rice is ready.

If you want to make this recipe for more people, just multiply the quantities by the number of guests.

#TakeCareOf  
YOUR DIET  
ENROUTE

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