

# Root Vegetable smoked paprika stroganoff with dry fried garlic and herb rice



## Ingredients

### Stroganoff:

500g Mixed Root vegetables  
 2 cloves garlic  
 Salt and pepper to taste  
 2 tsp vegetable oil  
 200g green or runner beans  
 1 red or white onion  
 1 chilli - optional  
 1 Vegetable stock cube  
 1 tbsp Smoked paprika  
 1tbsp English mustard  
 200ml soy milk unsweetened

### Brown rice:

200g brown rice  
 1 tsp vegetable oil  
 1 onion, chopped  
 2 cloves garlic, chopped  
 10g fresh herbs, chopped  
 Salt and pepper to taste.

## Method

1. Preheat oven to 200°C
  2. Wash brown rice under cold water. Bring a pan of salted water to the boil over a high heat. Add rice, return to the boil and simmer for 30 mins.
  3. Meanwhile, chop all root vegetables and place into oven proof dish, add 1 teaspoon oil and chopped garlic, salt and pepper.
  4. Place in preheated oven. Cook until the vegetables soften, around 35 mins. Remove and put to one side.
  5. While the vegetables are roasting the rice will finish cooking, remove from heat and place under running cold water until cooled. Drain and let dry.
  6. Chop green and/or runner beans, red onion and 1 clove of garlic (and chilli if required). Place frying pan on medium to high heat, add 1 tsp oil then add the beans, onion, garlic (and chilli) and fry until the onion starts browning.
  7. Add the roasted root vegetables to the pan.
  8. Put a vegetable stock cube into 100ml boiling water and dissolve by whisking with a fork. Add this to the frying pan.
  9. Add the , English mustard and smoked paprika. Add salt and pepper to taste.
  10. Bring to the boil reduce heat and simmer until liquid has reduced by half. Add soya milk and reduce by half again.
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1. Put a frying pan onto a medium high heat add half a teaspoon of oil to the pan.
  2. Add the onion and chopped garlic to the pan and stir until softened. Add the cooked rice and heat for around 10 minutes making sure the rice is hot. Add a pinch of salt and pepper to taste.
  3. Finish by adding chopped Garden herbs. Serve both items together on the plate. Enjoy.