



South African Recipes

"cooking with confidence"

Vegetables - Ressoto style

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Ingredients

- 1 Onion
- 12 Green beans
- 2 Carrots
- 4 Baby marrows
- ¾ tsp Ground Bayleaves
- 1 tsp Ground Coriander seeds
- 4 Cloves
- 1 tin Chopped Italian tomatoes 400 g
- 1 cup Arborio rice
- 1 Small Cauliflower
- 1 Small Broccoli
- ½ Butternut
- 2 tsp BBQ spice
- 3 tsp Paprika
- 12 Baby corn
- Salt to taste

Method

- Cut the Green beans in 3 cm pieces. Cut the carrot in slices.
- Fry the Onion, Green beans and carrots in a little oil until the onions is light brown.
- Add the tomato and juice.
- Add all the vegetables, the Rice and 1½ cups water.
- Add the spices.
- Simmer until rice is soft about 30 minute.
- Stirring occasionally to prevent it from burning.