

Taking stock with Knorr : let Knorr stock cubes enhance the flavour of all your favourite vegetarian recipes / CPC (UK) Ltd. ... Tesco.

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TAKING STOCK WITH *Knorr*

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RECIPES

from
TESCO

**VEGETARIAN
PAELLA**



**MIXED PEPPER
& TOMATO PENNE**



Photography courtesy of BBC Good Food Magazine. Photographer Ken Fields.



**Let KNORR Stock Cubes
enhance the flavour
of all your favourite
vegetarian recipes**

0028 20/3/94

VEGETARIAN PAELLA

Serves 4

4 x 15ml sp (4 tbsp) olive oil

225g (8oz) long-grain rice

1 large onion, sliced

2 garlic cloves, crushed

1 KNORR Saffron 'Rice Cube', dissolved in 750ml/1¼ pints boiling water

thinly pared rind of ½ lemon, finely shredded

125g (4oz) frozen peas

75g (3oz) black olives

450g (1lb) mixed vegetables, including leeks, courgettes, broccoli and baby corn

1 red pepper, seeded and cut into chunks

seasoning

1 Heat the oil in a large, deep pan. Add the rice and the onion and stir until the rice is coated and begins to turn opaque.

2 Add the garlic, dissolved KNORR 'Rice Cube', lemon rind and seasoning. Mix well, then bring to the boil. Cover and simmer for 30 minutes. Stir in the peas and olives.

3 Arrange the remaining vegetables on top of the rice and cover. Bring back to the boil and simmer for 15 minutes, or until vegetables and rice are tender. Serve immediately.

MIXED PEPPER AND TOMATO PENNE

Serves 4

1 x 15ml sp (1 tbsp) olive oil

1 red onion, sliced

2 garlic cloves, crushed

1 red pepper, seeded and sliced

1 green pepper, seeded and sliced

2oz (50g) black olives, stoned and halved

425g (15oz) can tomatoes

12 sun-dried tomatoes, chopped

1 x 15ml sp (1 tbsp) chopped fresh oregano

seasoning

225g (8oz) penne

2 KNORR 'Pasta Cubes', dissolved in 1.5 litres/2½ pints of boiling water
grated vegetarian Parmesan or Cheddar, to serve

1 Heat oil in a frying pan and fry the onion and garlic for five minutes.

2 Add the peppers and cook until soft. Add the olives, tomatoes and sun-dried tomatoes and oregano. Season to taste. Cook for 10 minutes.

3 Meanwhile cook the pasta with the cubes according to the packet instructions. Drain. Add to the sauce. Serve with the grated cheese.



RECIPE ENQUIRIES TO:
KNORR Stock Cubes Recipe Enquiry
P.O. Box 315
Mitcham, Surrey CR4 2YZ

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