



**VEGETARIAN  
EXPRESS**



## Gallo Pinto

### Ingredients

- 300g easy-cook white rice
- 200g black turtle beans
- 200g butternut squash
- 100g pattypan squash
- 20g spring onions
- 150g sweetcorn
- 5g vegetable bouillon
- 10g garlic
- 200g onions

*Vegetable bouillon may contain traces of Eggs, Milk, Mustard & Sulphites*

### Method | SERVES 4

- Finely dice and sweat the onions and garlic in a little oil.
- Add the diced squashes then fry for 5 minutes before adding sweetcorn and beans.
- Add the bouillon, rice and 450ml boiling water.
- Transfer to an ovenproof dish and tightly cover with foil.
- Bake for 18 minutes at 180°C before adding a pinch of salt and checking rice is properly cooked.
- Arrange as shown topping with finely sliced spring onions.

### Typical Nutritional Values

	per 100g	serving 351g
<b>Energy</b>	521kJ 123kcal	1829kJ 432kcal
<b>Fat</b>	1.4g	4.9g
of which Saturated	0.2g	0.7g
<b>Carbohydrate</b>	24.0g	84.2g
of which Sugars	2.7g	9.5g
<b>Fibre</b>	2.7g	9.5g
<b>Protein</b>	3.6g	12.6g
<b>Salt</b>	0.38g	1.33g

**Suitable for:** Vegan,  
Gluten free, Nut free

**Allergens:** Soya, Celery

### Impact | PER SERVING

This dish is inherently plant-based and using it is naturally better for the planet's environment