



## Quorn Meat Free Sausage Paella

Serves: 4

Calories per serving: 102

### Ingredients:

1 pack Quorn Meat Free Standard Sausages, defrosted if using frozen

Low calorie oil spray

1 onion, thinly sliced

2 garlic cloves, crushed

1 red pepper, deseeded and sliced

1 yellow pepper, deseeded and sliced

400g fresh tomatoes, skinned and chopped

200g thin green beans

200g peas

250g long grain rice

1 1/2tsp smoked paprika

1/2tsp saffron

1tsp turmeric

1tsp mild chilli powder

Zest of 1 lemon

1tbsp lemon juice

700ml vegetable stock

Salt and freshly ground black pepper

3tbsp chopped parsley

1 Lemon cut into wedges and olives to garnish

**Method:**

1. Warm a pan and spray with low calorie cooking spray. Cut each sausage into bite-sized chunks and fry until golden 3-4 minutes, reserve
2. Fry the onions and garlic in low calorie oil spray, gently until soft and golden, add a little water if the onions start to stick to the pan. Add the peppers and fry for a further 4-5 minutes. Stir in the tomatoes, beans and peas and cook for 6 minutes
3. Add the rice, paprika, saffron, turmeric, chilli, lemon zest and juice, stir well
4. Stir in the stock and simmer for about 15 minutes. Stir in the Quorn Meat Free Sausage, continue simmering for a further 10 minutes or until the rice is tender adding more liquid if required
5. Season to taste, sprinkle over the parsley and serve with the lemon wedges and olives