

Arròs brut or rice stew

Preparation time: 40 min. · Level of difficulty: easy

Quantity

Ingredients for 3/4 people.

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200 g Chicken
200 g Pork, marbled, sliced
200 g Rabbit meat
300 g Green beans
4 piece Artichokes
2 piece Meaty tomatoes
3 piece Garlic cloves
2 piece Bay leaves
200 g Spanish short-grain rice
6 tbsp Olive oil
Salt
Pepper
1 tsp Sweet paprika powder

Preparation

Peel and dice the onion, roughly chop the garlic.

Wash the vegetables, cut the beans into pieces. Remove the first half of the leaves from the artichoke, then cut into eighths or slices. Clean the mushrooms.

Heat olive oil in a large deep pan or wide pot, season meat with paprika powder, salt and pepper, fry in the hot oil. Add the onion, stir, fry briefly. Add the bay leaf. Then stir in the rest of the vegetables, braise for about 5 minutes, stirring.

Grate the tomatoes on a coarse kitchen grater or coarsely puree the contents of the can and pour into the meat mixture, stir well, stirring occasionally to reduce the tomato sauce.

Then add about 1.5 - 2 litres of water, boil for 5 minutes, add the rice. Let the stew cook for about 20 minutes.

Serve immediately with lemon wedges. Freshly cut raw peppers go very well with this.