Metabolic.ie
National Centre for Inherited Metabolic Disorders

Mushroom and Carrot Arancini



Makes 23 mini arancini
Exchange free

Ingredients
200g low protein rice (uncooked)
70g mushrooms
80g carrots
60g white onion
1 vegetable stock cube (reduced salt)
¼ tsp turmeric
100g low protein flour
Breadcrumbs from low protein/gluten free bread
Olive oil

Method
1.Cook rice per packet instructions and set aside to cool down.

2. Meanwhile, chop the mushrooms, carrots and onion.

3. Place a pan over medium heat & add a small amount of olive oil.

4. Sauté the vegetables until soft (8-10 minutes).

5. Add rice, the vegetables, vegetable stock powder, turmeric and low protein flour to a bowl and mix until all combined.

6. Roll into equal sized balls and set aside.
Tip: Wet your hands before rolling the balls to avoid everything sticking to your hands!

7. Coat in breadcrumbs (low protein or gluten free).

8. Spray arancini with oil & air fry at 200 degrees Celsius for 5 minutes on each side until golden.

Credit to: @pku_with_clarke on Instagram

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