

Less than 1 hour

Serves 4

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Ingredients:

- 2 onions, finely diced
- Olive or canola oil, for frying
- 4 cloves garlic, crushed
- 2 tsp (10ml) paprika
- 2 cups (500ml) long-grain white rice or risotto rice
- 1 cup (250ml) white wine or stock
- 4 cups (1L) chicken stock
- 2 Tbsp (30ml) butter
- ½ cup (50g) parmesan, grated
- Salt and milled pepper
- 1 can (400g) chopped tomatoes
- 1 sachet (50g) tomato paste
- 200g green beans, cleaned and chopped
- 2 tsp (10ml) mixed herbs (or a handful of fresh thyme and rosemary)
- ½ tsp (3ml) sugar
- ¼ cup (60ml) flour
- 2 eggs, beaten
- 1 cup (250ml) breadcrumbs

Method

1. Fry 1 onion in a glug of oil.
2. Add half the garlic and paprika and fry for a minute.
3. Add rice, wine and 3 cups (750ml) stock.
4. Simmer over a low heat until all liquid has been absorbed.
5. Remove from heat and stir in butter and parmesan. Season well.

6. Cover and cool.
7. For the sauce, fry remaining onion and garlic in a glug of oil until golden.
8. Add tomatoes, tomato paste, beans and remaining stock, and simmer for 10 minutes.
9. Season with mixed herbs, sugar, salt and pepper.
10. To make the arancini, scoop ½ cup (125ml) cooked rice and roll into a ball. Repeat with remaining rice.
11. Preheat oven to 180°C.
12. Coat each ball in flour, then egg, then crumbs.
13. Spoon tomato sauce into an ovenproof dish and arrange arancini in sauce.
14. Bake for 30-35 minutes.
15. Serve sprinkled with basil.

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