



# Vegan Mushroom Rice Casserole (GF)

Adapted from: [www.rhiansrecipes.com](http://www.rhiansrecipes.com)

## Ingredients

- 1 7/8 cups uncooked Japonica (or Wild) Rice
- 1 tablespoon Olive Oil
- 1 onion, diced
- 10 ounce mushrooms\*, roughly chopped (any type works)
- [2 1/2 cups unsweetened almond milk](#) (or sub oat milk for nut-free)
- 2 tablespoons [Arrow Root](#)
- 3 tablespoons [Nutritional Yeast](#)
- 1 [vegetable stock cube](#) (ensure gluten-free if necessary)
- Salt + pepper, to taste
- 4 tablespoons flaked almonds (optional)

## **Instructions**

Preheat the oven to 180 degrees Celsius (350 degrees Fahrenheit).

Rinse the rice and place in a pan with 400ml (1 2/3 cups) water.

Bring to the boil, turn down the heat and cook with a lid on for 12 minutes until all the water is absorbed.

Leave the lid on for a further 5 minutes after turning off the heat.

Heat up the oil in a large pan and add the onion and mushrooms once hot.

Fry for around 10 minutes, until softened.

Measure out the almond milk and add the Arrow Root to the measuring cup.

Mix very well, ensuring that the Arrow Root has completely dissolved in the milk.

Add the almond milk and Arrow Root mixture to the pan with the onion and mushrooms, keeping on a low heat and stirring regularly to make sure the Arrow Root doesn't clump.

Add the nutritional yeast, stock cube and salt + pepper and mix well, ensuring that the stock cube has completely dissolved.

Simmer on a low heat for around 5 minutes.

Add the cooked rice to the pan and stir it into the sauce.

Transfer the rice mixture to a large baking dish - don't worry that it looks a little 'runny' at this stage, because most of the liquid will be soaked up during the baking process.

Sprinkle over the flaked almonds, if desired, and bake in the oven for around 20 minutes, until bubbling and golden brown.

**Notes:** \*Any other type of vegetables would also work. Here are some suggestions:

- spinach or kale
- broccoli
- cauliflower