

Savoury Rice



Ingredients

1 onion	1 x 5ml spoon vegetable stock powder or cube
3 mushrooms	550ml water, boiling
½ red pepper	50g peas
1 tomato	1 x 10ml spoon curry powder
1 x 10ml spoon oil	
150g long grain rice	

Equipment



Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - slice the mushrooms;
 - de-seed and dice the red pepper;
 - chop the tomato.
2. Fry the onion in oil until soft.
3. Add the mushrooms and red pepper and cook for a further 2 minutes.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add the stock, peas and curry powder.
7. Simmer for 15 minutes, until the rice is tender.
8. Serve the rice in a bowl and sprinkle the chopped tomato on top.

Top Tips

- Use different seasonal vegetables.
- Add cooked ham, chicken, beans or lentils.
- Try using different spices, e.g. paprika or chopped herbs.

Skills

- Using the hob ✓
- Preparing an onion ✓
- Weighing and measuring ✓
- Combining ingredients together ✓
- Using a knife ✓

