

Savoury Rice

Ingredients:

- 1 onion
- 3 mushrooms
- 1/2 red/green/yellow pepper
- 1 tomato
- 1 x 10ml spoon oil
- 150g long grain rice
- 1 x 5ml spoon vegetable stock powder or cube
- 550ml water
- 50g peas
- 1 x 10ml spoon curry powder

Method

Weigh out 150g rice

Prepare the vegetables:

Peel and chop the onion, Slice the mushrooms, Deseed and dice the red pepper

Chop the tomato

Fry the onion in oil until soft.

Add the mushrooms and red pepper.

Stir in the rice. Cook for a further 1 minute.

Add the water, peas and curry powder to the rice mixture.

Crumble in the stock cube and stir.

Simmer for 15-20 minutes, until the rice is tender and the water has disappeared.

Keep rice moving so it does not stick to bottom of pan

Serve the rice in a bowl and sprinkle the chopped tomato

