

Savoury Rice

Ingredients:

100g Long Grain Rice

1 clove garlic

1 Vegetable or Chicken stock cube

1 tablespoon oil

1 small onion

½ red / yellow or green pepper

Optional additions you might like to bring:

6 mushrooms

1 carrot (grated)

4 florets broccoli

½ courgette

25g sweetcorn

Or any other vegetables your family may like

1 teaspoon mixed herbs

black pepper

Don't forget a container to take it home!

Method:

Prepare your vegetables, dice the onion, crush the garlic and chop other vegetables as required.

In a saucepan, heat the oil and then add the onion and cook for a couple of minutes until it softens.

Add the other vegetables, rice and garlic and fry off for a further couple of minutes.

In a measuring jug, measure 500ml water (cold water from the tap is fine)

Add the water to the saucepan and crumble in the stock cube.

Keep mixing the rice until all the water is absorbed, the rice is cooked through and the vegetables are soft. This will take about 15 minutes. Remember to mix it often so the rice and vegetables don't stick to the bottom of the pan.

Add the herbs and pepper to taste.

