

6. Vegetarian Rice

Ingredients

1/2 chopped onion
1 chopped garlic clove
1 chopped courgette
1 grated carrot
1 chopped red or yellow pepper
75g frozen peas
1/2 tin of chopped tomatoes
350ml Vegetable stock
150g Dried brown rice
1 tbsp of dried parsley
1 tsp tumeric
Seasoning

Method

Serves 2: Prep time 10 mins: cook time 25 mins

- 1) Add onion, garlic and tumeric to pan with a splash of veg stock
- 2) Stirring, cook gently for a 3 mins then add the chopped courgette, grated carrot and chopped pepper
- 3) Stir well for a further 3 mins then add the dried rice
- 4) Stir rice in well with the vegetables
- 5) Once rice is distributed well throughout the mixture add the stock- leave to boil
- 6) Once boiled immediately turn heat down to simmer and cover. Cook for 10 mins
- 7) Add in chopped tomatoes and frozen peas and stir
- 8) Cover and simmer for a further 10 mins
- 9) Once cooked stir in dried parsley with seasoning
- 10) Spoon rice into 2 dishes