

Recipe

14

Serves

4

Savoury Rice



Ingredients

150g (6oz) long grain rice
300ml (1/2) pint of boiling water
1 vegetable stock cube
1 x 15ml spoon (1 Tablespoon) oil
1 onion, chopped
25g (1oz) peas
25g (1oz) mushrooms, sliced
25g (1oz) baby sweetcorn (optional)
1 x 15ml spoon (1 teaspoon) curry powder
1 tomato, chopped

Equipment

Saucepan, spatula, chopping board,
measuring jug and measuring spoons.

Method

1. Wash and prepare the vegetables
2. Fry the onion in oil for 3 minutes.
3. Add the mushrooms and cook for a further 2 minutes.
4. Stir in the rice.
5. Add the water, stock cube, peas and curry powder.
6. Simmer for 15 minutes, until the rice is tender.
7. Place the rice in a bowl and sprinkle the tomato on top.

Nutrition Information

Savoury Rice	per 100g	per recipe	per portion (¼ recipe)
Energy (kJ)	499	3351	838
Energy (kcal)	119	801	200
Protein (g)	2.3	15.6	1.3
Fat (g)	3.3	22.2	1.8
of which saturates (g)	0.5	3.2	0.3
Carbohydrate (g)	21.4	143.8	12.0
of which sugars (g)	1.4	9.2	0.8
Fibre (g)	0.6	4.2	0.4
Sodium (mg)	177	1188	99
Salt (g)	0.4	3.0	0.2

Notes

Key Messages

Healthy eating

- Rice is a good source of starchy carbohydrate. Brown rice provides more fibre than white rice.
- Use a variety of different vegetables to add colour and a range of nutrients.

Money

- Try using economy long grain rice.

Food safety

- Rice should be served hot, if you are serving it cold, cool quickly and store in the fridge until ready to eat. Don't leave rice hanging around at room temperature.