

# Savoury Rice

## Ingredients:

75g Long Grain Rice

50g Peas / Sweetcorn (Tinned or Frozen)

2 Mushrooms

1 or 2 Teaspoons Curry Powder: School to Provide

1 Onion

1 Tomato (Optional)

1 Dessert Spoon (10ml) Oil: School to provide

1 Vegetable Stock Cube

½ Pepper (Red, Yellow or Orange)



Please bring a container  
to take your savoury rice  
home in.

## Method:

1. Weigh and measure out all the ingredients accurately.
2. To make the stock, measure 225ml of hot water into a measuring jug using the weighing scales. Add the stock cube and curry powder. Stir.
3. Peel and dice the onion into small cubes.
4. Slice the mushrooms or cut into quarters.
5. Deseed and dice the pepper into cubes slightly larger than the onion cubes.
6. If you are using a tomato, dice the tomato and put this to one side. You are going to use this as decoration on the top of the dish.
7. Add the dessert spoon of oil into a saucepan and place at the front of the hob.
8. Add the onion, pepper and mushrooms, fry on a low heat until soft (about 3 minutes). Remember to stir the mixture with a white plastic stirring spoon. Do not leave the saucepan unattended!
9. Add the stock, rice and peas and/or sweetcorn to the saucepan and stir them in. Bring to the boil, then move the saucepan to the back of the hob and simmer for 15 minutes or until the rice is tender.
10. Transfer the cooked savoury rice into a suitable dish.
11. Decorate with the diced tomato.
12. Serve.