Savoury Rice

Ingredients

1 onion
3 mushrooms
½ red pepper
1 tomato
1 x 10ml spoon oil
150g long grain rice
550ml water, boiling
1 x 5 ml spoon vegetable stock powder
50g peas
1 x 10ml spoon curry powder

Equipment

Chopping board, knife, saucepan, wooden spoon, weighing scales, measuring jug, measuring spoons.

Method

1. Prepare the vegetables:

- Peel and chop the onion;

- slice the mushrooms;

- dice the red pepper;

- chop the tomato.

© Crown copyright 2008

2. Fry the onion in oil until soft.

3. Add the mushrooms and red pepper and cook for a further 2 minutes.

4. Stir in the rice.

5. Mix the stock powder with the water.

6. Add the stock, peas and curry powder.

7. Simmer for 15 minutes, until the rice is tender.

8. To serve place the rice in a bowl and sprinkle the chopped tomato on top.

© Crown copyright 2008