

Savoury Rice

Equipment

Saucepan
Wooden spoon
Measuring jug
Sharp Knife
Chopping board

Skills

Knife Skills, Weighing &
Measuring

Heat Transfer

Conduction

Keywords

Chop, Boil, Simmer

Ingredients

1tbsp oil
¼ onion
¼ green pepper
¼ red pepper
1 mushroom
1 clove garlic
Salt and pepper
Spices
100g long grain rice
300mls stock

Method

1. Prepare the vegetables and chop into small pieces.
2. Heat oil in a saucepan, add the onion and garlic and cook until soft, add spices.
3. Add the rice and fry until all the grains are coated with oil.
4. Add stock and seasoning and other vegetables, bring to the boil and simmer for 10 to 15 minutes.