



Savoury Rice

Ingredients

- 1 onion
- 2 garlic cloves
- 1 can peas
- 1 carrot
- 1 tbsp oil
- 1 tsp mild curry powder
- 300g rice
- 1L vegetable stock (2 stock cubes)

Simple to make and
delicious.
Also low in calories
and fat!

Method

1. Prepare the vegetables: Peel and chop the onion, slice the mushrooms, dice the carrot
2. Fry the onion in oil until soft.
3. Add the carrot and cook for a further 3 minutes
4. Add the peas and cook for a further 2 minutes
5. Make the stock up with 1L of boiling water and 2 stock cubes.
6. Then add the stock, curry powder and rice to the pot
7. Simmer for 15 minutes, until the rice is tender. Serve