

# RICE AND VEGETABLE BAKE



1/4 of this recipe contains

Energy	Fat	Saturates	Sugars	Salt
1349kj 320kcal	4.8g	0.4g	12g	0.8g
16%	7%	2%	13%	13%

3 of your 5 a day

**Prep Time: 10 mins**

**Cooking Time: 30 mins**

**Serves: 4 Adults**

## Ingredients

- 1 tablespoon of oil
- 1 large onion
- 100g of baby corn
- 1 medium red pepper
- 1 medium yellow pepper
- 2 medium carrots
- 150g of cauliflower
- 225g of long grain rice
- 600ml /1 pint of low salt vegetable stock
- 1 teaspoon of cumin powder
- 1 teaspoon of mild curry powder
- 1 teaspoon of tomato purée



## What you will need

- Chopping board
- Chopping knife
- Measuring jug(for liquids)
- Saucepan
- Wooden spoon



## Method

1. Chop the vegetables.
2. Heat the oil in a saucepan and add the onions for 1 minute. Add the remaining vegetables and cook until softened.
3. Add the rice and stir in the cumin powder, curry powder, tomato puree and stock. Bring to the boil.
4. Reduce the heat, cover the pan and simmer for 15 to 20 minutes, until the rice is tender and the liquid absorbed. Serve and enjoy!

