

RICE & VEGETABLE HOT POT



1/4 of this recipe contains

Energy	Fat	Saturates	Sugars	Salt
2018kj 478kcal	6.3g	0.6g	11g	0.2g
24%	9%	3%	12%	3%

3.5 of your 5 a day

Prep Time: 10 mins **Cooking Time: 30 mins** **Serves: 4 Adults**

Ingredients

- 10 ml of vegetable oil
- 1 large onion
- Tin of sweetcorn
- 1 medium-sized red pepper
- 1 medium-sized yellow pepper
- 2 medium-sized carrots
- 150 g of cauliflower
- 225 g of long grain rice
- 1 tsp of cumin powder
- 1 tsp of mild curry powder
- 1 tsp of tomato puree
- 1 low-salt vegetable stock cube dissolved in 600 ml of boiling water



What you will need

- Chopping board
- Chopping knife
- Measuring jug
- Saucepan
- Wooden spoon
- Vegetable peeler



Method

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



Source: www.safefood.net

