

Rice



Serves 2

Ingredients

½ cup brown rice






¾ cup water

½ cup vegetables (optional)

Method

1. Rinse the rice under cold running water.
2. Combine the rice and water in a saucepan with lid.
3. Bring water to the boil then turn down to low.
4. Once water is below the level of the rice, turn the heat off and leave covered for 10 minutes.
5. Stir through vegetables such as blanched peas or spinach.

Equipment

-  Measuring cups
-  Spoon
-  Large saucepan
-  Cutting board and knife
-  Grater

Nutrition

- Add vegetables where you can, to get the benefits of extra vitamins, minerals and fibre.