



EASY BAKED RICE

INGREDIENTS

- 200g easy cook wholemeal rice
- ½ teaspoon mixed herbs
- ½ reduced salt vegetable **stock cube**
- 300ml water

EQUIPMENT

- medium size (1lt) metal baking tin,
- teaspoon, can opener,
- measuring jug, foil

SERVES: 4

PREP TIME: 5 minutes
COOK TIME: 45-50 minutes

ALLERGENS: mustard, celery (in stock)

METHOD

- 1 Preheat the oven to 180°C/Gas 4.
- 2 Place the rice into the baking tin. Add the herbs and stock and mix thoroughly. Pour over enough water to fully cover the rice (aim for it to be about ½ cm above the level of the rice – you may not need all of the water).
- 3 Tightly cover the tin with foil (this will prevent any steam escaping whilst cooking) and place in oven for 50-60 minutes until the rice is soft and the liquid has been absorbed.
- 4 Serve the rice with a homemade curry, sweet and sour chicken or chilli.

HANDY HINT!

- * The rice can be prepared in advance and frozen. Once cooked, make sure that it is cooled very quickly and then portion it out and freeze. To serve, defrost thoroughly and reheat (until piping hot) in a microwave.

