

Savoury Rice

This is an ideal dish for using up small quantities of meat and vegetables. It can be eaten hot, sprinkled with parmesan or grated cheese and grilled, or cold as a rice salad. It can also be used as a filling for stuffed peppers etc



Ingredients

- 1 tablespoon oil
- 1 clove garlic (optional)
- 1 onion
- ½ green or red pepper
- 2-3 rashers bacon OR 75g Pancetta OR a small chicken portion
- 2 tablespoons frozen peas
- 2 tablespoons sweetcorn
- 2 tomatoes, skinned and chopped
- pinch herbs, salt and pepper to taste. (For a spicy flavour you can add chilli powder or curry powder if desired)
- 175g / 6oz long grain rice, white or brown, (bring cooking instructions on packet)
- 1 chicken or vegetable stock cube

Method

1. Chop garlic and onion, wash and chop pepper.
2. Chop bacon or pancetta or chicken
3. In a large pan, heat oil and gently fry garlic, onion and peppers.
4. Add bacon, pancetta or chicken, and fry until colour changes,
5. Cook gently on a low heat, with lid on pan for 5 – 10 mins until meat is cooked.
6. Add peas, sweetcorn and tomatoes, season with herbs, salt and pepper. Cook gently 5 mins. Turn off heat.
7. Boil a kettle of water then pour into a large pan. Add rice and stock cube, bring back to a boil, then simmer until rice is tender, (or cook according to instruction on packet). Drain rice as soon as it is cooked, DO NOT OVERCOOK as rice will stick together (rinse with fresh boiled water if it is sticky)
8. Stir rice into vegetable mixture.

Serve with shavings of parmesan cheese or grated cheddar, and a salad. Alternatively, use to stuff peppers and top with cheese before baking.

Other suggestions:

For a vegetarian risotto, omit the bacon or chicken. Add 150g red kidney beans or chick peas at stage 6.

Use chorizo sausage instead of bacon at stage 4

Use chicken, then add prawns and a pinch of saffron or turmeric at stage 6 to make paella

Use different vegetables, e.g. celery, courgette, mushrooms, broccoli etc.

Name