

One-pan Spicy Traffic Light Rice

This colourful rice is quick and easy to make and is tasty and spicy. It is cooked in one pan so there is little washing up!



Nutritional information per portion (413g):

Energy	Fat	Saturates	Sugars	Salt
2043kJ 482kcal 24%	11g 16%	1.7g 9%	8.2g 9%	0.35g 6%

of an adult's reference intake.
Typical values per 100g: energy 495kJ/117kcal.

Equipment

Weighing scales
Kettle
Measuring jug
Chopping board
Sharp knife
Can opener
Sieve
Measuring spoons
Large saucepan with lid
Wooden spoon
Pan stand

Ingredients

Serves 4
700ml boiling water
1 red pepper
200g can sweetcorn in water
1 medium onion
2 x 15ml spoons vegetable oil
350g easy-cook long grain rice
100g frozen peas
1 x 5ml spoon turmeric
½ x 5ml spoon cumin
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels.
If you serve food outside the home you must make allergen information available when asked.



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Method

1. Measure 700ml of boiling water into the measuring jug.
2. Wash the pepper. Cut the pepper in half and remove the seeds and white pith. Cut into 1cm squares.
3. Open the can and drain the sweetcorn in a sieve.
4. Peel and finely chop the onion.
5. Heat the oil in a saucepan on a medium heat.
6. Add the onion and pepper and fry gently for 3 minutes.
7. Add the rice and cook for 2 minutes, stirring all the time.
8. Add the sweetcorn, peas, turmeric and cumin.
9. Add the water and stir. Bring to the boil and simmer for 3 minutes.
10. Put the lid on the saucepan, remove from the heat and leave to stand for 20 minutes. Do not remove the lid during the standing time.
11. Add black pepper to taste (if using) and stir well before serving.

Something to try next time

- To make this lightly spiced rice dish into a simple yet satisfying vegetarian meal, try adding a drained can of chickpeas at step 8 to provide a protein source.
- To make this rice extra spicy, add another ½ x 5ml spoon cumin and ½ x 5ml spoon turmeric.

Prepare now, eat later

- The rice will keep in the fridge for up to 24 hours, if it is cooled thoroughly within an hour of cooking and stored in a sealed box. Eat cold as a salad or reheat until piping hot.
- Do not reheat cooked rice more than once.

Skills used include:

Weighing, measuring, chopping, mixing/combining, boiling/simmering and frying.

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