



Vegetable rice

A great accompaniment to any dish, especially fakeaways! We pair it with our salt and pepper tofu or sweet and sour! A beautiful rich flavour you can choose how hard you want your vegetables and which vegetables to add!



What you'll need:

Saucepan x 2, measuring cups, wooden spoon, measuring spoons, sieve

Ingredients

- 1 vegetable stock cube dissolved in 2 cups of boiling water. (2 cups is equivalent to around 474ml)
- 1 cup of basmati rice (you can use a different kind of rice if you prefer)
- $\frac{1}{2}$ broccoli cut into individual florets
- $\frac{1}{2}$ carrot chopped and cut into squares
- $\frac{1}{4}$ cup peas
- 1 tbsp of coconut oil

Method

1. Put the prepared veg into a saucepan and cover with water. Bring to the boil then simmer, only par boiling the vegetables. After a few minutes, remove from the stove and drain. Place the vegetables to one side for later. If you prefer your vegetables really soft then boil them completely before removing from the stove.
2. Bring the stock mix to the boil in a saucepan. Once the water is boiling turn down to a simmer and add the rice. Stir well with a fork, continuing to stir every 5 minutes or so.
3. 5 minutes before the rice has finished add the par boiled vegetables and stir well.
4. The rice should be cooked between 15 and 20 minutes depending on what kind of rice you are using. You will know it's done when the rice has thickened, is soft and most of the water has gone.
5. Drain the vegetable rice and return the mix to the saucepan. Add the coconut oil and stir continuously until the oil has melted and the rice is coated.
6. Serve with salt and pepper tofu or sweet and sour dish for a lovely fakeaway!