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 <https://www.nhsggc.scot/your-health/public-health-nutrition/>

## *Savoury Rice*

### *Ingredients (Serves 2)*

- 200ml boiling water
- 100g rice
- Selection of vegetables, such as mushrooms, tomato, peas, carrots or whatever vegetables you have
- 1 small onion, chopped
- 1 egg
- Optional: 1 garlic clove, chopped
- 1 tablespoon oil
- 1 teaspoon curry powder

### *Equipment Needed*

- Sieve
- Chopping board
- Sharp knife
- Tin opener, if using tinned vegetables
- Peeler (if applicable)
- Large microwaveable container or bowl x2
- Wooden spoon
- Plate or alternative for covering bowl

### **Tip**

For a version of egg 'fried' rice, substitute the curry powder with soya sauce



**Cook Time**

**12 minutes**

## **Method**

1. Wash 100g of rice and place into a microwaveable container. Add approximately 200ml of boiling water or enough to cover 1 inch above the rice.
2. Cover, leaving space for ventilation.
3. Microwave on HIGH (800W) for 5 minutes.
4. Remove from microwave to stand for 2 minutes.
5. Remove cover, stir and set aside.
6. In a separate microwaveable container, stir chopped onion and optional garlic with 1 tablespoon of oil.
7. Cover, leaving space for ventilation and microwave on HIGH (800W) for 1 minute.
8. Stir in remaining vegetables. Microwave on HIGH for 2 minutes.
9. Stir in curry powder, rice and egg.
10. Microwave on HIGH (800W) for 2 minutes.



### **Allergy Information:**

Recipe contains egg