

1. Put the oil and onion into a bowl, cover and cook on HIGH for 2mins.
2. Add the mushrooms and peppers and cook on High for 2 mins.
3. Add the other ingredients, stir and cover. Cook on HIGH for 12 mins, until the rice is tender.
4. Serve on its own for a quick meal idea or as an accompaniment to other dishes.

1 onion, peeled and chopped
3 medium mushrooms, chopped
½ red pepper, chopped
1 tomato, chopped
1 tbsp oil
150g long grain rice
1tsp of vegetable stock powder or stock cube
550ml, boiling water
50g peas
2tsp curry powder

Main course***'What's Cooking!' Recipe Card*****SAVOURY RICE****Food Fact:-**

Rice is a great energy food and is quick to prepare, wholegrain rice could be used to increase fibre.

Preparation time 6mins

Cooking time 16mins

Serves 4-6