

1. Put the oil, garlic 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 rice and stock, stir and cover. Cook on HIGH for 12 mins, until the rice is tender and liquid gone.
4. Stir the beaten eggs and soy sauce into the rice and cook uncovered on HIGH for 3 mins stirring after 2 mins.
5. Serve as part of a Chinese meal or as a tasty dish on its own.

2 tbsp vegetable oil
1 clove garlic, crushed
1 Bunch spring onions, chopped
1 Red pepper, chopped
150g Long grain rice
550ml Boiling stock
198g Can sweetcorn, drained
150g Frozen peas
3tbsp Soy sauce
2 Eggs, beaten

MAIN COURSE***'What's Cooking!' Recipe Card*****VEGETABLE, EGG RICE****Food Fact:-**

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

Preparation time 10 MINS

Cooking time 19 MINS

SERVES 4-6