

Wednesday - Dinner

Spicy Rice



Ingredients

- 1/2 tbsp oil
- 1 tbsp chilli powder
- 2 onions, finely chopped
- 400g long-grain white rice
- 300ml vegetable stock
 - 1/4 tsp salt
- 200g mixed veg

Methods

- 1.** Heat oil in a medium saucepan over medium heat. Add chilli powder and briefly stir, then add the onion. Cook for 4 minutes.
- 2.** Add rice, stock, and salt. Stir well, then add the mixed vegetables.
- 3.** Cover the saucepan and bring it to a simmer. Reduce the heat to low, maintaining a gentle simmer.
- 4.** Cook for 15 minutes or until the liquid is absorbed (tilt the pot carefully to check).
- 5.** Remove from heat, keep the lid on, and let it rest for 10 minutes. This step is important as it allows the rice to absorb any remaining liquid and become fluffy.
- 6.** Fluff the rice with a fork and serve.