

## Savoury rice

### Ingredients

- 1 onion
- 3 mushrooms
- 1/2 red pepper
- 1 tomato
- 1dsp oil
- 150g long grain rice
- 550ml water, boiling
- 1 teaspoon vegetable stock powder or cube
- 50g peas
- 1 dsp curry powder

### Method

1. Prepare the vegetables:
  - ◆ peel and chop the onion;
  - ◆ slice the mushrooms;
  - ◆ dice the red pepper;
  - ◆ chop the tomato.
2. Fry the onion in oil until soft.
3. Add the mushrooms and red pepper and cook for a further 2 minutes.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add the stock, peas and curry powder.
7. Simmer for 15 minutes, until the rice is tender.
8. To serve place the rice in a bowl and sprinkle the chopped tomato on top.

### Equipment

- Chopping board, knife,
- saucepan, wooden spoon,
- weighing scales, measuring jug, measuring spoons,
- kettle.

Use your mind map to help to develop this recipe by changing fruit, veg, meat, sauces etc

## Safety rules:

Tie back long hair remove jewellery,  
Put on a clean apron, wash hands.

Wash vegetables before use.  
Use bridge and claw grip.

Attend frying pan at all times. Do not over heat oil.

Stir occasionally to avoid rice burning

Cool and chill, eat within 2 days.



### SKILLS

Using the Hob, Weighing, Measuring, Bridge and claw, Using a kettle, Frying/simmering, Combining/mixing, Onion preparation

# Evaluation

Follow up work

Evaluation of frittata (PMI)

Complete the table below with the Pluses (+) (good points), Minuses (-) (bad points) and Interesting points about your frittata

	Pluses (+) (Good)	Minuses (-) (Bad)	Interesting points
Appearance			
Smell			
Taste			
Texture			
Eatwell guide			

Iterations (Improvements) if you made this recipe again

Explain the changes that could be made to this recipe to make a different or better version of frittata.

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