**Savoury Rice (serves 2)**

**Ingredients**

150g long grain rice rinsed (wholegrain or white) – Easy cook rice works well too

1 medium onion – diced

6 mushrooms – chopped

1 red pepper – diced

1 carrot – finely diced

1 vegetable stock cube or stock pot

550ml boiling water

50g frozen peas

50g sweetcorn

2-3 teaspoons mild or medium curry powder

2 teaspoons turmeric or pilau rice seasoning

Splash of rapeseed oil or spray oil

**Method**

* Spray a large frying pan with oil or add a splash of rapeseed oil. Add the chopped onions and cook until softened, around 5 mins.
* Add the spices and all the chopped vegetables and cook for another 5 mins until softened. Keep stirring so it doesn’t stick.
* Make up the stock with the boiling water
* Add the rinsed rice to the pan and stir well then add the stock. Next add the frozen peas and sweetcorn. Stir and bring to the boil.
* Cover the pan and simmer for 15-20 mins until the rice is cooked and most of the fluid is absorbed. Stir occasionally.
* Serve with a source of protein such as baked salmon, chicken breast, grilled halloumi and a mixed salad. For vegans try adding 150g tinned chickpeas at the end of cooking.