

Rescue Recipe

this recipe is great for using up left-over rice and vegetables

Recipe by

The Joy of Food
Eating for Pleasure...Cooking for Health

cook 4 life

Introduction

This is an easy and versatile recipe. If you've got some left over chicken or bolognaise mix you could add that in, or even just some chunky tomato sauce ... there are no rules!

Ingredients

Use 2oz/50g of dry rice per person (half a teacup)

Then, per person allow:

1 big spoon frozen peas

A few small florets broccoli

¼ red pepper, chopped

½ tomato, chopped

¼ red onion, chopped

1 small clove garlic, chopped

1 rasher bacon, chopped

black pepper and a teaspoon of sweet chilli sauce

Rice 'n' Easy

Method

1. Fry the pepper, onion, garlic and bacon in a big saucepan in a little oil until they're soft
2. Add in the chopped tomato, stir
3. Add in the rice and give a good stir
4. Add a cupful of water per ½ cup of rice and stir well
5. Bring to the boil and stir occasionally to stop the rice sticking.
6. When it has boiled for 5 minutes, add the peas and broccoli and bring back to the boil.
7. When the rice is cooked it should have used all the water, but check that it doesn't boil dry and stick. Add a little boiling water if it needs it.
8. When the rice is cooked, add some sweet chilli sauce and black pepper.
9. Stir, serve and eat!

Serve with a fresh salad.

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