

Savoury rice

Prep time 10 mins **Cook time 30 mins** **Serves 4**

1 tsp vegetable oil
1 medium onion, finely chopped
100g closed-cup mushrooms, sliced
150g easy-cook long grain white rice
300ml reduced-salt vegetable or chicken stock
75g frozen peas
100g baby sweetcorn, sliced
1 tsp curry powder
1 tomato, chopped

Instructions

Heat the oil in a saucepan and fry the onion for 2-3 minutes, then add the mushrooms and cook for a further 2 minutes.

Stir in the rice, then add the stock, peas, baby sweetcorn and curry powder. Stir well. Bring to the boil, turn down the heat and simmer for about 15-20 minutes, until the rice is tender, adding more water if necessary.

Add a pinch of dried chilli flakes or mixed dried herbs to flavour the rice. Serve the rice in bowls and sprinkle the tomato on top.

Recipe courtesy of Change for Life.