

# Savoury rice

Serves 2 main portions or 3-4 side portions



## Ingredients

150g/5oz/2 handfuls dry brown rice  
200g/7oz/5 handfuls frozen mixed vegetables  
425ml/15floz cold water  
1 large onion, finely chopped  
2 garlic cloves, crushed  
4 tomatoes, coarsely chopped  
1 teaspoon dried mixed herbs  
1 vegetable stock cube  
Sprinkle of black pepper

## Method

1. Melt the stock cube in a saucepan and add the onion and garlic. Lower the heat, put the lid on and cook for a few minutes until the onion is lightly coloured.
2. Stir in the rice, water and bring to the boil, season lightly with the pepper and mixed herbs, then cover and simmer for about 5 minutes.
3. Add the tomatoes and mixed vegetables. Mix well and continue cooking for a further 15 minutes or until the rice and vegetables are cooked. If necessary add a little more water to prevent the rice from drying out.
4. Serve hot.