

BOREDOM BUSTERS

RAINBOW RICE



INGREDIENTS:

- 1 ½ cups rice
- 1 small red capsicum
- 1 small green capsicum
- 2 spring onions
- 2 cups frozen vegetables
- Small bunch of parsley or basil
- ⅛ cup soy sauce
- ¼ cup sweet chilli sauce
- Spray oil (canola or olive oil)



EQUIPMENT:

- Large saucepan, strainer, chopping boards, knives, fry pan, measuring cups, serving spoon

METHOD:

1. Cook rice according to packet directions. Chop capsicum and spring onion into small pieces.
2. Heat fry pan (medium heat) and spray lightly with oil. Cook capsicum and spring onion until soft.
3. Add frozen vegetables and stir until cooked.
4. Add cooked rice and stir until heated through.
5. Chop herbs. Add to pan with soy and sweet chilli sauces. Stir to combine.

*Recipe adapted from
Healthy Recipes for All, Foodbank WA*

TIARNA'S TIP:

Stir in a beaten egg to add omelette to your rainbow rice, or use noodles instead of rice

