



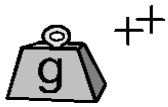
Savoury



Rice



Ingredients



320 Grams



Rice



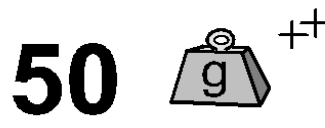
1 Onion



1 Pepper



3 Mushrooms



50 grams



Peas



1 tablespoons



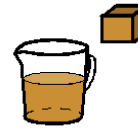
Olive



Oil



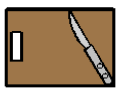
1 Vegetable



Stock Cube



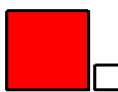
Equipment



Brown Chopping Board



Sharp Knife



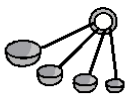
Large



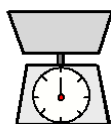
Saucepan



Wooden Spoon



Measuring Spoon



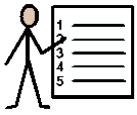
Scales



measuring jug





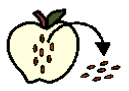


Sieve

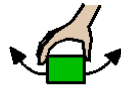
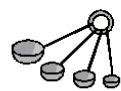
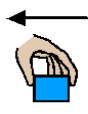










## Method

**1**       
 1. On the brown chopping board peel and chop the onion.

**2**    
 2. Slice the mushrooms.







**3**     
 3. Deseed and dice the red pepper.

**4**       
 4. Using the measuring spoons put 1 tablespoon of the oil


     **8** <sup>++</sup>  
 into the saucepan and add the chopped onion for 8 minutes.

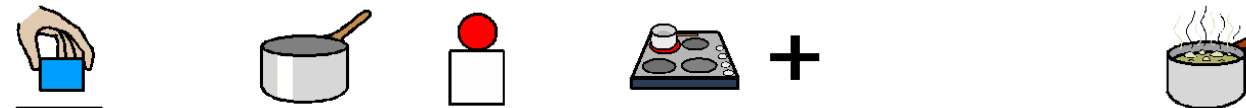
**5**       
 5. Add the mushrooms and red pepper and cook for another


**2** <sup>++</sup>  
 2 minutes.

**6**    **500**  ml  and   
 6. Fill the measuring jug with 500 ml water and add

  
 to the saucepan.

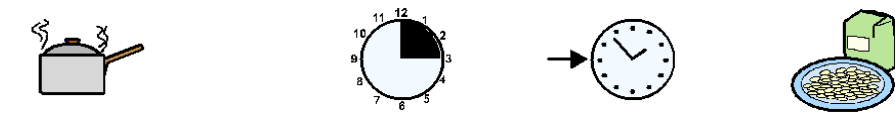
**7**  7. Crumble the stock cube into the saucepan.

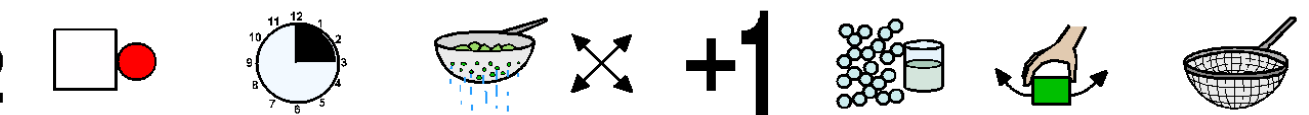
**8**  8. Put the saucepan on the hob and bring to the boil.

**9**  9. Weigh the rice and add to the saucepan and

  
stir.

**10**  10. Weigh the peas and add to the saucepan.

**11**  11. Simmer for 15 minutes, until the rice is tender.

**12**  12. After 15 minutes drain any extra liquid using a sieve

  
and serve.