

One-pan Spicy Traffic Light Rice

This colourful rice is quick and easy to make and is tasty and spicy. It is cooked in one pan so there is little washing up!



Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (413g):

Energy	Fat	Saturates	Sugars	Salt
2024kJ 482kcal 24%	11g 16%	1.7g 9%	8.2g 9%	0.35g 6%

of an adult's reference intake.

Typical values per 100g: energy 490kJ/117kcal.

Equipment

- Weighing scales
- Kettle
- Measuring jug
- Wooden spoon
- Chopping board
- Sharp knife
- Can opener
- Sieve
- Measuring spoons
- Large saucepan with lid
- Pan stand



Ingredients

Serves 4

- | | |
|-------------------------------------|--------------------------------|
| 700ml water | 350g easy-cook long-grain rice |
| 1 reduced-salt vegetable stock cube | 100g frozen peas |
| 1 red pepper | ½ x 5ml spoon turmeric |
| 200g can sweetcorn (in water) | ½ x 5ml spoon cumin |
| 1 medium onion | Black pepper (optional) |
| 2 x 15ml spoons cooking oil | |

* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

Step 1

Fill and boil the kettle. Crumble the stock cube into the measuring jug and add 700ml boiling water. Stir until the stock cube is dissolved.



Step 2

Wash the pepper. Cut the pepper in half and remove any seeds or white pith. Cut into 1cm squares. Peel and chop the onion finely. Open the can of sweetcorn and drain in a sieve.



Step 3

Heat the oil in the saucepan (medium heat) and add the onion and pepper and fry gently for 3 minutes.



Skills used include:

Weighing, measuring, chopping, mixing/combining, boiling/simmering and frying.

Step 4

Add the rice and cook for 2 minutes, stirring all the time. Add the sweetcorn, peas, turmeric and cumin.



Step 5

Pour in the stock and stir. Bring to the boil and simmer for 3 minutes.



Step 6

Put the lid on the saucepan; remove from the heat and leave to stand for 20 minutes. Do not remove the lid during the standing time. Add black pepper (if using), stir well and serve.



Optional Ingredients

Try the optional ingredients below to make a range of different dishes, or you could even add some new ingredients and invent your own dish.

Additional Instructions

Add some protein – Add a 400ml can of chickpeas.	Follow the recipe but add a can of drained chickpeas at step 6 to provide some valuable protein.
Rice salad – No additional ingredients needed.	Cool the finished rice quickly and store in the fridge and serve as a salad.
Alternative preparation method – Use a food processor.	The onion and pepper can be diced using a food processor. Care must be taken as the blade is very sharp. It is important that the onion and pepper are cut into quarters before adding to the food processor. Take care when removing the blade and washing up.

Prepare now, eat later

The rice can be prepared, allowed to cool quickly and stored in a container. Serve cold as a rice salad.