



Spicy rice with greens

This filling, tasty rice dish is a great mid week family meal. Again, very versatile, just use whatever you've got, tinned, frozen or fresh



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Allergen info

- * Celery – stock cube
- * Eggs – eggs
- * Fish - fish

Equipment

Knife, chopping board, saucepan(s) and frying pan, wooden spoon, colander

Ingredients

- 1 tablespoon (tbsp.) oil
- ½ onion
- 1 ½ tsp. curry powder
- 250g rice, rinsed well
- * Vegetable stock cube

You can use any vegetables but we suggest:

- 100g green beans sliced, fresh or tinned
- 200g spinach, cabbage or swiss chard, chopped with large stalks removed – if don't have use peas instead
- * 1 x tinned fish (tuna, sardines or mackerel)

Optional Extras

- ½ tsp. smoked paprika
- ½ tsp. turmeric
- 1 garlic clove crushed or grated
- Salt and pepper
- * 3 hard boiled eggs

Helpful Tips

- If you have it, use chicken instead of fish if you prefer or just have it with more veg

Method

 Serves 4



1

Heat oil in a large saucepan or frying pan



2

Cook the onion until soft



3

Add the garlic and spices and stir



4

Add the rice and stir through the onion and spices.

If using, add the tinned fish at this stage



5

Make and add 800ml of vegetable stock and bring to the boil. Put the lid on and cook on a low heat for 20 minutes



6

Add the sliced beans to the rice and cook for 2 minutes



7

Add spinach, cabbage, swiss chard and cook until wilted



8

Taste and season. Add the fish. Quarter the hard-boiled eggs (if using) and serve

