

Veggie Rice / Nutty FAIRTRADE Rice

Simple but interesting brown rice side dish.

The actual mix of vegetables can vary according to what is available, but I would try to include some colour.

Serves 6.

Country of origin: England¹

Ingredients

- 1 medium to large onion
- 2 cloves garlic
- 2 leeks
- 2 small turnips
- 2 medium carrots
- 2 capsicum peppers
- 200 g frozen or fresh peas
- 200 g frozen or fresh sweetcorn
- lots of fresh herbs
- 240 g **FAIRTRADE** brown basmati rice

Method

Preparation

Wash and **cook the rice²** whilst preparing the veggies as below.

Skin the onions and garlic and chop fine.

Prepare other vegetables in the usual way discarding skin, pith, roots, etc.

De frost any frozen veggies by covering them with boiling water in a bowl.

Hard veggies (carrots, turnips, etc), need to be cut into fine slices, or into pea-sized pieces (or use bite sized pieces and cook them with the rice).

Wash and chop the herbs.

Cooking

Heat a little sunflower oil in a wok and stir fry the hard vegetables plus onions and garlic until the onions are translucent and the vegetables are softening (5 to 7 minutes).

Add the the softer vegetables (capsicum, leeks, spring onions, etc.) and stir fry for 5 minutes.

Drain the cooked rice and add to the wok.

Drain and add any frozen vegetables and add the herbs.

Adjust the seasoning with salt and pepper.

Assembly

Once heated through turn out into a warmed serving dish.

To serve

Use as a side dish for Indian food.

Or use cool as a salad dish.

Serve with soy sauce.

Variation

NUTTY FAIRTRADE RICE

Reduce the vegetables a little and add

100 gm of mixed **FAIRTRADE** chopped nuts

25 gm organic sesame seeds

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>

²http://www.fairtradecookbook.org.uk/recipes/rice_boiled.htm

25 gm sunflower seeds

either with, or in place of the frozen vegetables.