

Savoury Rice

Allergens – **Gluten**, **Soya**

Ingredients

Quantity	Ingredient
950 g	Rice - Easy Cook Long Grain
2 ltrs	Water
3 g	Salt
200 g	Garden Peas
200 g	Sweetcorn
200 g	Mixed Peppers (diced)
15 ml	Light Soya Sauce (contains Wheat & Soya)
15 ml	Vegetable Oil



Method

1. Boil in salted water or cook in steamer until tender.
2. Cook vegetables and drain excess fluid off.
3. Heat the oil in a pan and add the vegetable, rice and soya sauce.
4. Serve at minimum temperature of 63°C.

Nutritional Content per 100g Rice

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 208.6	= 2.8	= 0.5	= 1.0	= 0.2	= 43.9

Portion size - Primary - 100g