



## Rainbow Rice



### Ingredients:

- 1½ cups rice
- 1 small red capsicum
- 1 small green capsicum
- 2 spring onions
- 2 cups frozen vegetables
- Small bunch of parsley or basil
- ⅓ cup soy sauce
- ¼ cup sweet chilli sauce
- Spray oil (canola or olive oil)



### Equipment:

- Large saucepan, strainer,
- chopping boards, knives, fry pan,
- measuring cups, serving spoon

### Recipe tip:

*Stir in a beaten egg to add omelette to your rainbow rice, or use noodles instead of rice*



- 1 Cook rice according to packet directions. Chop capsicum and spring onion into small pieces.



- 2 Heat fry pan (medium heat) and spray lightly with oil. Cook capsicum and spring onion until soft.



- 3 Add frozen vegetables and stir until cooked.



- 4 Add cooked rice and stir until heated through.



- 5 Chop herbs. Add to pan with soy and sweet chilli sauces. Stir to combine.