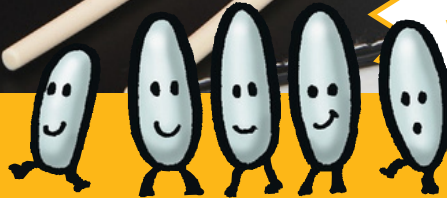




Recipe Tip:
Stir in a beaten egg to add omelette to your rainbow rice, or use noodles instead of rice.



Rainbow Rice

Serves 6 - 8



Ingredients:

- 1½ cups uncooked rice
- OR 5 cups cooked rice
- 1 small red capsicum
- 1 small green capsicum
- 2 spring onions
- Spray oil
- 2 cups frozen vegetables
- Small bunch of parsley or basil
- 8 cup soy sauce
- ¼ cup sweet chilli sauce

Equipment:

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



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.