Traffic light rice

Each vegetable is packed with different vitamins and nutrients (as well as flavour and texture), all the colours help our bodies in different ways. This helps us to eat a rainbow!

Makes: 10 • Preparation time: 20 minutes • Cost per portion: £0.26

Ingredients

- 1 tbsp oil
- 1 orange pepper
- 1 punnet tomatoes
- 1 tin sweetcorn
- 150g frozen peas
- 2 tsp turmeric
- 2 tsp cumin
- 2 bags microwaveable rice
- Handful fresh herbs like parsley or basil (optional)

Equipment

- Pan
- Sharp knife
- Chopping board
- Tablespoon
- Teaspoon
- Measuring jug
- Kettle

Top tips

- Experiment with different orange, red and green vegetables to make the traffic light effect
- Try out different herbs like coriander, basil or parsley to add extra flavour

Method

1. Chop the pepper and tomatoes into small chunks.
2. Fry the oil and pepper for a few minutes, until softened.
3. Add the tomatoes, sweetcorn and peas, fry for another few minutes.
4. Add the turmeric and cumin, give it a good mix.
5. Squidge up the rice in the bag to break it up, then add it into the pan.
6. Give it a good mix and add the hot water. Pop a lid on the pan and cook for 5 minutes. Continue to stir occasionally.
7. If it looks a bit dry, just add some extra boiled water.
8. Tear the herbs up (if you are using them) and scatter them on top, then serve.

Get the kids involved by...

- Chopping the peppers and tomatoes
- Squidging the bags of rice to break it up
- Tearing the herbs into tiny pieces