SAVOURY RICE

Starchy accompaniment: this recipe provides a portion of starchy food and counts towards the food-based standard to provide a portion of starchy food at lunch every day.

Recipe adapted from: St Anne’s Academy, Manchester.

Ingredients

- 4kg long grain rice, (11kg cooked rice)
- 6g (2 tsp) turmeric
- 50ml vegetable oil
- 450g red pepper, deseeded, diced
- 450g yellow pepper, deseeded, diced
- 450g green pepper, deseeded, diced
- 300g red onions, peeled, diced
- 50g fresh coriander chopped
- 100g (5) red medium chillies, finely chopped

Method

1. Cook rice following manufacturer’s instructions, with turmeric added to the water.
2. Heat oil and soften peppers, onion and chillies.
3. When the rice is cooked, drain.
4. Add vegetables and the coriander to the rice and serve.

Serving suggestion: with Tandoori salmon and Kachumber salad (see separate recipes from St Anne’s Academy).

Number of portions this recipe makes:

- 90 primary servings (140g)
- 65 secondary servings (195g)

Prep: 10 minutes
Cook: 30 minutes

Allergy information:
None

Top Tips
Use half brown and half white rice.

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children’s diets.

For this recipe: choose oils and spreads based on unsaturated fats.