



## 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.

#### Government Buying Standards for Food & Catering Services

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.