

RAINBOW BROCCOLI RICE



This bright and cheerful Rainbow Broccoli Rice is a simple, nutritious dish that encourages children to enjoy a variety of colourful vegetables. It can be enjoyed on its own or perfect with a warming curry, or even stuffed in a pepper for a fun and interesting school mealtime!

METHOD (MAKES 12)

1. Place a suitable pan of water on the stove to heat
2. When the water has come to the boil, add the Tilda Brown & White Rice and turmeric powder, continue to cook for 15–20 minutes until the rice is just about cooked through
3. Stir in the peas, diced pepper, and the chopped carrot, cauliflower and broccoli
4. Continue to cook until the rice softens and the vegetables are cooked through. Remove from the stove, and drain in a colander

To serve: Evenly portion the Rainbow Broccoli Rice onto a suitable plate or bowl and add your chosen side

INGREDIENTS

300g Tilda Brown & White Rice
1–2 tsp turmeric powder
60g peas
½ red pepper, diced
60g carrot, chopped
60g cauliflower, chopped
60g broccoli, chopped

HASTA LA VISTA
BROCCOLI!

