

Difficulty:
Easy



Time:
60 minutes



Tomato baked rice



Allergens: Dairy

What is it?

An easy recipe where you don't have to pre-cook the rice!

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Onion	1/2	1	1
Garlic cloves	2	3	4
Mushrooms	50g	75g	100g
Cherry tomatoes	4	6	8
Spinach	50g	75g	100g
Pepper	1/2	1	1
Chopped tomatoes	200g	300g	400g
Long grain rice	100g	150g	200g
Vegetable stock	100ml	150ml	200ml
Cheese	25g	40g	50g

You will also need a little oil

AVERAGE COST
PER PERSON
£0.85

Kit list:

- Fry pan
- Oven dish

Make it your own!

Want to add meat? It's delicious with diced chicken and chorizo!

Celebrate Family
Food

Charity no.
1125784



What to do:

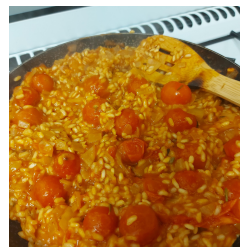
Step 1: Pre-heat oven to 190/gas 5

Step 2: Heat some oil in a pan and add the diced onion, mushrooms, pepper, spinach and the chopped garlic, cook for 5-10 minutes until fairly soft.

Step 3: Add the chopped tomatoes, rice, cherry tomatoes and vegetable stock, mix well and transfer to a baking dish cover with foil and bake for 25 minutes.

Step 4: remove from the oven, uncover give it a stir then return to the oven uncovered for 15 more minutes,

Step 5: Give the rice a stir again and sprinkle top with grated cheese and cook for 10 more minutes
Serve and enjoy !



What did you think of this recipe? Colour in the stars to give it a rating!

