

# OUR RECIPE

## Mexican Rice

Serves 4

### INGREDIENTS

- 21 tbsp olive oil
- 2 cloves garlic, squashed
- 1 onion, diced
- 1 can tomato sauce/coulis (8oz)
- 1.5 cups veg stock
- ½ cup diced carrots
- ½ cup frozen peas
- 1 cup sweetcorn
- 1.5 cups basmati rice (we use Tilda)
- ¼ tsp chilli powder
- ¼ tsp cumin
- 2 tomatoes, chopped

### METHOD

1. Heat oil in large pan over medium heat.
2. Then add garlic and onions and stir for 2-3 mins until onions are translucent.
3. Stir in rice for approx. 2 mins until toasted.
4. Add the tomato sauce and vegetable stock and bring to a simmer before adding sweetcorn, carrots, peas, chilli powder and cumin.
5. Bring to boil, cover and reduce heat until rice is cooked through (approx. 15 mins)
6. Stir in the chopped tomatoes and serve.



As taste tested by the pupils at Endeavour Primary school in Andover after their cookery session.