

Rice (Plain, Egg Fried and Mushroom)

Rice has been a staple food for hundreds of years and is not only an accompaniment to many dishes but can form the basis of a wide variety of easy, quick and delicious meals. This is a fail-safe method to cook perfect fluffy rice to serve with a variety of dishes including curry, chilli or casserole.



Egg, mustard, soya, sulphites and wheat (gluten)*

Nutritional information per portion (244g):

Energy 1437kJ 341kcal 17%	Fat 9.1g 13%	Saturates 1.8g 9%	Sugars 1.0g 1%	Salt 0.38g 6%
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of an adult's reference intake.
Typical values per 100g: energy 587kJ/139kcal.

Equipment

Weighing scales
Large mug
Sieve
Kettle
Large saucepan with tight fitting lid
Wooden spoon
Pan stand
Fork
Chopping board
Large sharp knife
Small bowl
Measuring spoons
Large frying pan or wok

Ingredients

Serves 4 as a side

Plain Rice

1 large mug (approx. 250-275g) basmati rice

Egg Fried Rice

1 large mug (approx. 250-275g) basmati rice

4 spring onions

2 eggs

1 x 15ml spoon vegetable oil

100g frozen peas (defrosted)

2 x 5ml spoons light soy sauce

Ground black pepper (optional)

Mushroom Rice

1 large mug (approx. 250-275g) basmati rice

200g mushrooms

1 x 15ml spoon vegetable oil

1 x 5ml spoon dried oregano

1 x 5ml spoon Dijon

OR wholegrain mustard

Ground black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- When making Egg Fried Rice, use rice that has been cooked and left to cool and dry for a few minutes, so that it does not become sticky when fried.

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Method

Plain Rice

1. Fill a large mug with rice and pour into the sieve. Rinse the rice under cold running water for a minute or until the water runs clear.
2. Pour the rice into the large saucepan. Add 2 mugs of boiling water and stir.
3. Bring to the boil and reduce the heat to the lowest setting. Cover with a tight fitting lid and simmer for 10–12 minutes. Do not be tempted to take a look at the rice while it's cooking because the steam, which is cooking the rice, will escape from the pan. If your pan lid is loose, put a piece of foil under the lid to form a good seal.
4. Turn off the heat and leave to stand for 5–10 minutes. Remove the lid and fluff up the rice with a fork before serving.

Egg Fried Rice

1. Cook the rice following the Plain Rice method. Remove the lid from the pan and let the rice cool and dry out for a few minutes.
2. Wash, top and tail and chop the spring onions, including some of the green tops.
3. Break the eggs into a small bowl and beat well.
4. Heat the oil in a large frying pan or wok, add the cooked rice and gently stir for 3–4 minutes until very hot.
5. Add the peas and spring onions and continue to stir-fry for another 2–3 minutes.
6. Using the wooden spoon, move the rice to create a space in the centre. Add the eggs, and as they start to set toss them around with the rice.
7. Season with the soy sauce and black pepper to taste (if using).
8. Serve as soon as the egg is set.

Mushroom Rice

1. Cook the rice following the Plain Rice method. While it is cooking prepare the rest of the ingredients.
2. Wipe the mushrooms with kitchen paper, trim the stalks and slice finely.
3. Heat the oil in a large frying pan or wok and add the mushrooms.
4. Stir-fry over a medium heat for 4–5 minutes, stirring. Add the oregano, mustard and black pepper to taste (if using) followed by the hot rice. Gently stir together until very hot and serve.

Something to try next time

- Add 100g of frozen sweetcorn to the Egg Fried Rice at step 5.
- Add a chopped garlic clove to the Mushroom Rice at step 3.

Prepare now, eat later

- Rice is best eaten as soon as it is cooked, but any leftover rice should be cooled quickly (within 1 hour) and stored in the fridge for no longer than 24 hours. When you reheat any rice, always check that the dish is steaming hot all the way through and never reheat it more than once.

Get more from your food

- Use the cold rice to make a salad by adding chopped leftover cooked vegetables or salad ingredients, cold chicken, ham or prawns and some of your favourite dressing. Eat within 24 hours of cooking the rice.

Skills used include:

Washing, measuring, chopping, beating, boiling/simmering and frying.