

Spiced Golden Rice

Serves 4 - 6

Vegetable rice dishes are so versatile and can be served hot or cold. The heat retaining qualities of cast iron are such that once hot, the casserole can be removed from the heat allowing the dish to complete cooking with no additional bottom heat.

INGREDIENTS

1 tablespoon extra virgin olive oil
1 small onion, finely chopped
1/2 yellow pepper, de-seeded and chopped
225g easy cook long grain rice
1/4 teaspoon ground turmeric
1/4 teaspoon ground cumin
1 tablespoon fresh parsley, chopped
200g can sweetcorn kernels, drained
500ml hot chicken stock
1/2 teaspoon salt
Freshly ground black pepper

METHOD

Perfect for this is: 20cm Round Casserole

1. Heat the oil in the casserole over a medium heat. Add the onion and pepper and fry gently without colouring for 2-3 minutes.
2. Stir in the rice and cook until the oil is absorbed, then add all the remaining ingredients. Bring to a slow boil, cover with the lid and reduce the heat to low simmer for 2 minutes.
3. Remove the casserole from the heat and leave it to stand for 20 minutes: do not remove the lid during the standing time. Stir well before serving.

Cook's Notes

- To serve cold as a salad allow the rice to cool slightly then stir in 2 tablespoons French vinaigrette dressing, allow it to cool completely before serving.