

Creamy Broccoli Rice (Year 2)

Season: Spring

Type: Main

Serves: 32 tastings

From the garden: Broccoli

Class focus: Finely chopped broccoli



Equipment:

Small saucepan & lid x 1
Wooden spoon x 1
Chopping boards and knives
Measuring cups
Measuring spoons
Serving bowl x 1
Serving spoon x 1

Ingredients:

2 tablespoons olive oil
½ broccoli (stem included, finely chopped)
¾ cup jasmine rice
1 ½ cups cold tap water
½ vegetable stock cube
¼ teaspoon salt
10 grinds of pepper

¼ cup milk

What to do:

1. Wash the broccoli.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put all the ingredients **except milk** in a small saucepan over high heat, put a lid on.

It is important NOT to stir the rice while cooking. Doing so will cause the rice to stick to the saucepan.

4. Bring rice to the boil, reduce heat and simmer for 16 minutes, or until rice is cooked and broccoli is tender. Remove from heat.
5. Add milk and toss gently.
6. Serve into a large serving bowl with a serving spoon in it.
7. **Angela will come around to get some rice from your group so she can put together a portion for the middle table.**

For vegan / dairy intolerance option:

Use soy milk.

For gluten free option:

Use vegetable stock powder.