

Lunchbox Laughter

Nice and Ricey!!



Rainbow Rice

Ingredients:

- 1 cup basmati rice
- 1 small red pepper
- ½ cucumber
- 1 large carrot
- 6 dried apricots
- Handful fresh mint leaves
- 2 tablespoons pumpkin or sunflower seeds
- 2 tablespoons olive oil
- Juice of ½ orange

Equipment:

- Saucepan
- Sieve
- Knife
- Chopping board
- Mixing bowl
- Cup
- Spoon



Method:

1. Rinse rice thoroughly under cold water. Add to a pan and pour in 2 cups of cold water. Place a lid on the pan and gently bring to the boil, when the water boils reduce to a simmer – leave the lid on and don't stir. Simmer for 5 minutes and check to see if the rice is cooked. Refresh under cold water.
2. De-seed and finely chop the pepper and cucumber.
3. Peel and grate the carrot.
4. Roughly chop the apricots and mint.
5. Add all ingredients to a large mixing bowl and combine well.
6. In a cup combine the orange juice and oil. Pour over the rice mix and combine.
7. Serve and enjoy!

To add some protein why not included some chopped cooked chicken breast or flake some tuna into the rice?

Green Rice

Ingredients:

- 1 cup basmati rice
- 1 small green pepper
- 1 small courgette
- 2 large handfuls spinach
- 2 tablespoons green pesto
- Small handful pine nuts
- 2 teaspoons olive oil

Equipment:

- Saucepan
- Sieve
- Knife
- Chopping board
- Mixing bowl
- Cup



Method:

1. Rinse rice thoroughly under cold water. Add to a pan and pour in 2 cups of cold water. Place a lid on the pan and gently bring to the boil, when the water boils reduce to a simmer – leave the lid on and don't stir. Simmer for 5 minutes and check to see if the rice is cooked. Refresh under cold water.
2. De-seed and finely chop the pepper. Cut the courgette into thin discs. And roughly chop the spinach.
3. In a small pan gently sauté the pepper and courgette with the olive oil. When they are nearly tender add the spinach and allow it to wilt.
4. Add the rice, vegetables, pine nuts and pesto and mix well.
5. Serve and enjoy!

To add some protein why not add a chopped cooked chicken breast!