

## Creamy Broccoli Rice (Year 2)

**Season:** Spring

**Type:** Main

**Serves:** 32 tastings

**From the garden:** Broccoli

**Class focus:** Finely chopped broccoli



<b>Equipment:</b>	<b>Ingredients:</b>
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	2 tablespoons olive oil 1 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.**