

Tomato Herb Rice

Season: Summer

Type: Main

Serves: 32 tastings

From the garden: Tomato & oregano



Class focus: Mincing garlic, chopping herb & vegetable

Equipment:	Ingredients:
Large saucepan & lid x 1 Wooden spoon x 1 Chopping boards and knives Measuring cups Measuring spoons Serving bowl x 5 Serving spoon x 5	¼ cup olive oil 2 cloves garlic (minced) ½ onion (finely chopped) 4 tomatoes (finely chopped) 3 sprigs oregano (leaves only, finely chopped) 2 ½ cups jasmine rice 3 ⅓ cups cold tap water 1 vegetable stock cube 5 tablespoons tomato paste 1½ teaspoons sweet paprika 2 teaspoons sugar ¾ teaspoon salt 10 grinds of pepper

What to do:

1. Wash all the vegetables and herb.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put all the ingredients except tomato paste in a large 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 15 minutes, or until water is absorbed.
5. Remove from heat and stir in tomato paste.
6. Serve into 5 large serving bowls with a serving spoon in each.

For gluten free option:

Use 1 tablespoon vegetable stock powder instead of stock cube.