

Rice With Eggs & Vegetables

Ingredients & Cost

Prices are from Aldi & Tesco Supermarkets

- Long grain rice - £0.45 (1kg of long grain rice from Aldi)
- Eggs - £0.69 (6 pack free-range eggs from Aldi)
- Tinned vegetables - £0.45 (Here we used sweetcorn from Tesco, which had a ring pull lid so no need for a can opener)
- Salt / pepper (optional)

Rice is a great food which is filling and provides lots of long-lasting energy. This recipe combines rice with eggs (a source of protein and rich in fats) and vegetables of your choice to get in one of your five a day. This is both a great dish to have with something else or on its own, and is incredibly cheap whilst remaining healthy and filling.

Total – approximately £1.59 (and you'll have 4 eggs and lots of rice left over!)

Timing – 32 minutes

Equipment

- Kettle
- Bowl
- Sieve (optional - can use a spoon to drain instead)
- Spoon
- Knife
- Plate

Method

1. Fill the kettle and boil it
2. Put two eggs and two handfuls of rice into the bowl
3. Pour the boiling water into the bowl so that the eggs and rice are full submerged
4. Cover the bowl with a plate and leave for 5 minutes, whilst refilling the kettle and boiling it again
5. Uncover the bowl, stir the rice with the spoon, and drain off the water using either a sieve if you have one, or carefully tip the bowl over a sink using the spoon to keep the rice and eggs in.
6. Pour fresh boiled water from the kettle into the bowl
7. Repeat steps 4, 5, and 6 a total of 6 times – so 30 minutes total cook time with 5 changes of water. On the last 5 minute cook, drain your tinned vegetables and add them into the mixture to heat up with the rice and eggs). Check that your rice is soft, if its not then you will need to do another round of 5 minutes cooking.
8. Drain the bowl for the final time and remove the eggs from the bowl
9. Run the eggs in your hand underneath the cold tap for 30 seconds – this will make peeling them a lot easier
10. Peel off the shells of the eggs by gently tapping them on a surface then gently rolling the egg between a surface and your hand. When cracks appear on the shell, carefully peel off the shell from the egg.
11. Cut up your eggs and mix them into the rice and vegetables mixture. Now you can add salt and pepper if you have some.

