



Mexican Rice

Ingredients

1-2 carrots
1 capsicum
1 small onion or ½ a large onion
3 gloves garlic
2 cups long grain rice
1tsp chicken stock powder
3 cups water
400g tin crushed tomatoes
1tsp cumin
1 spring oregano
Handful of coriander
Oil
Salt and pepper



What to do:

- 1) Peel the carrot and dice very finely
- 2) Peel and dice the onion
- 3) Discard the stalk, seeds and pitch from the capsicum and dice
- 4) Peel the garlic and finely chop
- 5) Wash the oregano and coriander. Spin dry and pick off the leaves. Finely chop the herbs and place into separate small bowls
- 6) In a large fry pan or saucepan, add 2Tbs oil and warm over medium heat
- 7) Add carrots, capsicum, onion and garlic. Cook while stirring until the onion softens, about 5 minutes
- 8) Add the rice, oregano and tomato paste and cook while stirring, for another 2 to 3 minutes
- 9) Add the water, stock powder, cumin and tinned tomatoes
- 10) Season with salt and pepper
- 11) Bring to the boil, cover with a lid, reduce to lowest heat
- 12) Cook until the rice is soft and the water has been mostly been absorbed. Stir the rice occasionally. It will need to cook for about 15-17 minutes
- 13) Stand covered for 5 minutes. Stir in coriander
- 14) Serve and enjoy