

Spice Golden Rice (serves 6)

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| 2tbspn | Olive oil, extra virgin |
| 1 | Onion, medium |
| 1 | Yellow pepper, de-seeded and chopped |
| 350g | Rice, long grain easy cook |
| ½ tspn | Turmeric, ground |
| ½ tspn | Cumin, ground |
| 2tbspn | Parsley, freshly chopped |
| 200g | Sweetcorn kernels, drained |
| 750ml | Chicken stock, hot |
| 1tspn | Salt |
| | Black pepper, freshly ground |



Heat the oil in the casserole over a medium heat. Add the onion and pepper and fry gently without colouring for 2-3 mins.

Stir in the rice and cook until the oil is absorbed. Add in the remaining ingredients. Bring to a slow boil, cover with the lid and reduce the heat to low simmer for 2 mins.

Remove the casserole from the heat and leave it to stand for 20 mins. Do not remove the lid during the standing time. Stir well before serving.

To serve cold as a salad allow the rice to cool slightly then stir in 3 tbspns of French vinaigrette dressing. Cool completely before serving.