



RAINBOW RICE



Serves 4

Ingredients-

- 2 carrots, diced
- 1 capsicum, diced
- 1 zucchini, diced
- 1 onion, diced
- 200g frozen peas and corn
- 400g pork mince
- 2 tsp minced garlic
- 2 tbsp reduced salt soy sauce
- 1 tbsp olive oil
- 3 cups of cooked basmati rice

Method-

1. In a frypan heat the oil. Add onion and garlic, cook until soft. Remove from pan.
2. Add minced pork. Cook until browned, add onion and garlic.
3. Add all vegetables, cook until soft.
4. Stir in cooked rice and soy sauce.
5. Serve warm.

Notes: Try different types of vegetables for different flavours