**Savoury Rice**

**Ingredients**

Long Grain Rice cooked 200g

Onions diced 50 g

Peppers diced 50g

Sweet corn 50g

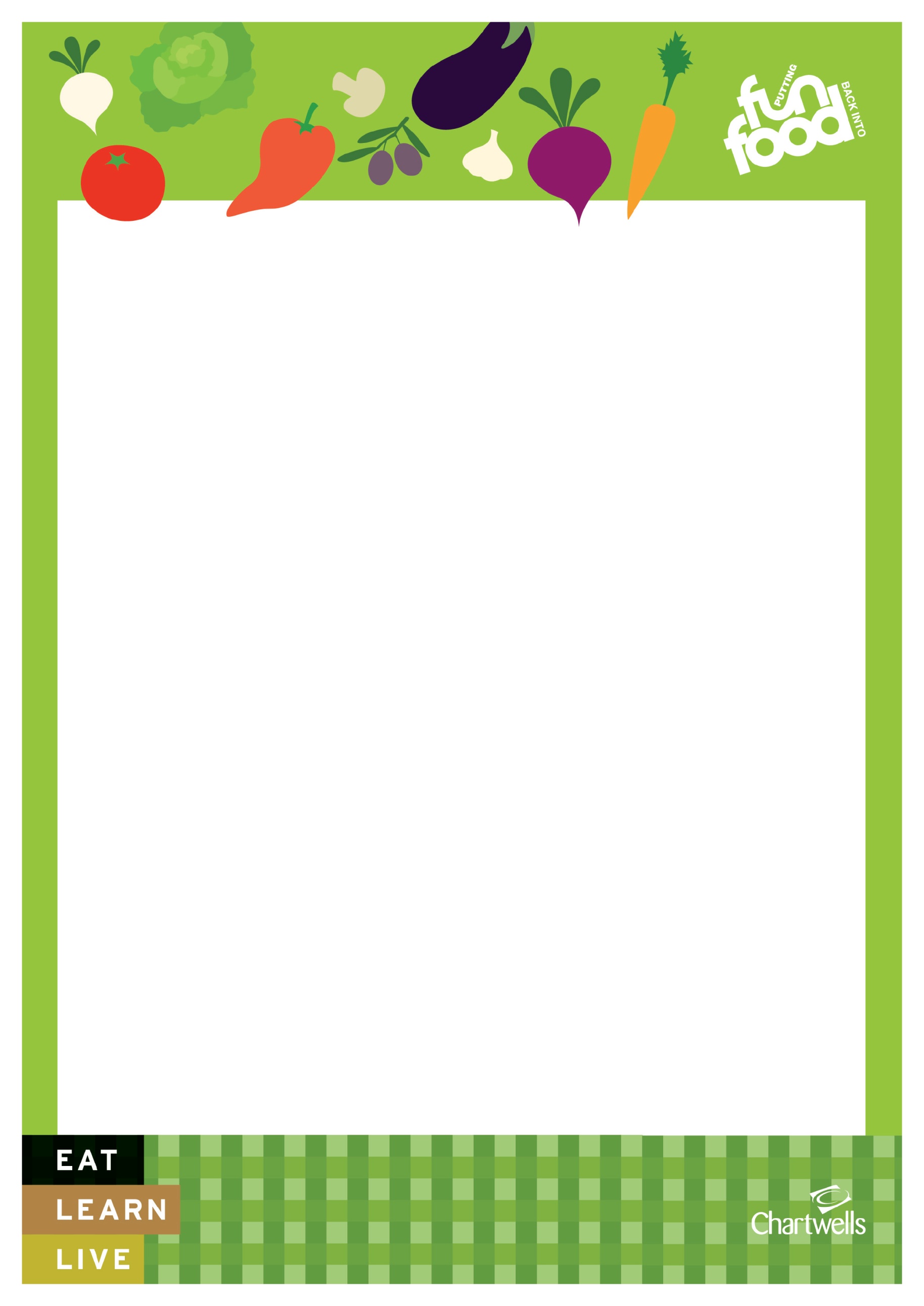
Peas Frozen 50g

Turmeric for colour 1 tsp

**Method**

1. Put the rice, peppers, sweet corn and peas into a bowl and mix in the turmeric
2. Put in the steamer and cook for 10 minutes until hot

**Key Nutritional Points and Facts**

* Rice is a source of carbohydrate, providing the body with energy.
* Using finely chopped vegetables within this rice dish is a great way to increase vegetable consumption. Red and orange peppers are great sources of vitamins A and C. Vitamin A is essential for healthy vision and vitamin C is great for healing wounds and aiding the absorption of iron.
* Peas are an excellent source of iron – great for healthy blood.****