

FOODIE FRIDAY'S

Let's Cook with Chef....



Turmeric Rice with Mince beef and Mushrooms

Ingredients	Method	Time
500g Mince 180g Mushrooms Half a tin of chopped tomatoes One large onion, 2 cups of rice Seasoning Teaspoon of salt, Tablespoon black pepper Tablespoon garlic paste Two tablespoons of all purpose One tablespoon of paprika One tablespoon mixed herbs One tablespoon of turmeric Teaspoon of oil	Mince Chop up onion (slice) Slice mushrooms Wash and drain mince Add mince to a heated pan no oil, brown the mince all the way through Add onions, seasonings including garlic paste cook up for two minutes, then add mushrooms and tinned tomato, turn cooker down leave to simmer for about 15 to 20 minutes dependant on taste. You can replace or add carrots, peppers other seasonable vegetable; For the rice Two cups of rice in the pot, wash rice through 2-3 times to get rid of starch, when the water starts to become more clear as opposed to cloudy. Add two and a quarter cups (same cup) of water add teaspoon of oil, salt, turmeric bring to the boil and then turn down to simmer for 15 minutes.	Serves: 6 Prep time: 15 mins Cooking time: 15-20 mins Total time: 30-35 minutes

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