The Independent SCHOOL FOOD PLAN



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Number of portions this recipe makes: 90 primary servings (140g) 65 secondary servings (195g)



Prep: 10 minutes Cook: 30 minutes



Allergy information: None

Top Tips Use half brown and half white rice.

SAVOURY RICE

Starchy accompaniment: this recipe provides a portion of starchy food and counts towards the food-based standard to provide a portion of starchy food at lunch every day.

Recipe adapted from: St Anne's Academy, Manchester.

Ingredients

4kg long grain rice, (11kg cooked rice) 6g (2 tsp) turmeric 50ml vegetable oil 450g red pepper, deseeded, diced 450g yellow pepper, deseeded, diced 450g green pepper, deseeded, diced 300g red onions, peeled, diced 50g fresh coriander chopped 100g (5) red medium chillies, finely chopped

Method

- 1. Cook rice following manufacturer's instructions, with turmeric added to the water.
- 2. Heat oil and soften peppers, onion and chillies.
- 3. When the rice is cooked, drain.
- 4. Add vegetables and the coriander to the rice and serve.

Serving suggestion: with Tandoori salmon and Kachumber salad (see separate recipes from St Anne's Academy).

Government Buying Standards for Food & Catering Services Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils and spreads based on unsaturated fats.



We have asked Children's Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF). Public Health England has supported the School Food Plan to develop this 'What Works Well' recipe. The 'What Works Well' website brings together the best ideas in school food & food education http://www.schoolfoodplan.com/www Public Health England



