



Mushroom Rice

Serves 1

Prep time: 5 minutes

Cooking time: 20 minutes

Per portion

Calories: 213

Fat: 1.5g

Saturates: 0.2g

Carbs: 45.4g

of which sugars: 1.3g

Fibre: 1.4g

Protein: 5.4g

Salt: 0.2g

Ingredients:

- 55g basmati rice
- 80g button mushrooms sliced
- 1 tsp Worcestershire sauce
- Black pepper
- Rapeseed oil spray
- a few parsley leaves – optional

Instructions:

Bring a pan of water to the boil and add the rice.

In the meantime, heat a small frying pan, add a couple of sprays of the rapeseed oil and then add the mushrooms, Worcestershire sauce and a little black pepper and cook for 4-5 minutes until softened. Remove from the heat and set aside.

Drain the rice as soon as it is cooked and transfer it to the pan with the mushrooms in it, stir gently to combine, season with a little black pepper and transfer the mushroom rice to a warmed bowl.

Sprinkle with a little fresh parsley (optional)

TIP: This rice is great on its own with grilled beef steak, chicken or salmon