

Tomato Bok Choy Rice

Season: Spring

Type: Main

Serves: 36 tastings

From the garden: Boy choy

Class focus: Chopping, mincing & cutting vegetables into thin strips



Equipment:	Ingredients:
<p>Large saucepan & lid x 1 Wooden spoon x 1 Chopping boards and knives Measuring cups Measuring spoons Serving bowl x 5 Serving spoon x 5</p>	<p>¼ cup olive oil 2 cloves garlic (minced) ½ onion (finely chopped) 5 bok choy (cut into 0.5cm strips) 2 ½ cups jasmine rice 3 ½ cups cold tap water 1 vegetable stock cube 5 tablespoons tomato paste 1½ teaspoons sweet paprika ¼ teaspoon dried thyme 2 teaspoons sugar ¾ teaspoon salt 10 grinds of pepper</p>

What to do:

1. Wash all the vegetables.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put all the ingredients **except tomato paste** in a large saucepan over high heat, put a lid on.
It is important NOT to stir the rice while cooking. Doing so will cause the rice to stick to the saucepan.
4. Bring rice to the boil, reduce heat and simmer for 16 minutes, or until water is absorbed. Remove from heat and stir in tomato paste.
5. Serve into 5 large serving bowls with a serving spoon in each.