

Claypot Vegetable Brown Rice





Ingredients

1 tbsp	Oil*
1 tsp	Garlic, minced
200 g	Pumpkin, cut into cubes
1	Small carrot, cut into cubes
3 stalks	Long beans, cut into bite-sized pieces
3	Fresh mushrooms, cut into cubes
2 cups	Brown rice (raw)*
2 tbsp	Vegetarian oyster sauce *
A dash	Pepper
3 cups	Vegetable stock *
2 stalks	Spring onion, chopped finely (optional)
	Chilli (optional)

*Choose products with the Healthier Choice Symbol (HCS)

Method

1. Heat a little oil in a frying pan and stir-fry garlic till fragrant.
2. Add the stir-fried garlic, cubed ingredients, brown rice and seasoning into the rice cooker and mix well.
3. Add in vegetable stock and switch on the rice cooker.
4. Once the rice is cooked, garnish with spring onions and chilli to serve.

Nutrition information	Energy
Total servings 	1800 kcal
Per serving 	450 kcal