

Perfect brown rice

Preparation and cooking time: 40 minutes

Brown rice contains much more fibre and higher levels of heart-healthy minerals like magnesium than white rice. It does take a little longer to cook, but is worth it for the nutritional benefit and delicious nutty taste. For best flavour, try brown basmati rice.

Serves 6

Ingredients

6 cups of water

1 cup brown basmati or other wholegrain rice

Directions

1. Bring water to the boil in a medium sized saucepan that has a tight-fitting lid
2. Rinse rice well in a sieve under running water until water runs clear. This removes some of the starch that can cause it to stick together
3. When water is boiling, add rice and reduce temperature to prevent overflow but keep at a steady boil, uncovered, for 30 minutes
4. Drain the rice in a colander or sieve, return to the pot off the heat, cover and leave to steam for 10 minutes
5. Fluff up with a fork and serve

Tips:

This makes 3 cups of cooked rice, 6 portions.

Cooked rice should only be kept in the fridge for 24 hours. To save time during busy weeks, you can batch cook a larger amount. Stop cooking 2 minutes early and then cool and freeze the rice in portion sized containers. To defrost, just drop the frozen rice into a pot of boiling water for a couple of minutes.

Each ½ cup serving contains 111 calories

Each 100g portion contains:

ENERGY	FAT	SATFATS	SUGARS	SALT
337 kcal 1433kJ	0.5g	0g	0g	0g
17%	1%	0%	0%	0%

of an adult's reference intake 2000kcal/8400kJ

Trying to reduce your carb intake? Just replace rice with cauliflower rice or courgette noodles.