

# Veggie Rice Hot Pot

🍳 2 servings

483 Kcal / serving

20g Protein 17g Fat 64g Carbs

## Ingredients

- 1 - Red pepper
- 140g - Mushrooms
- 2 - Garlic cloves
- 3 - Scallions
- 1 tablespoon (15g) - Rapeseed or olive oil
- 1 teaspoon - Chinese five-spice powder
- 125g - Wholegrain rice
- 300ml - Reduced sodium vegetable stock (from 1 cube)
- 50g - Frozen peas
- 3 - Large eggs
- 1 tablespoon (15g) - Reduced sodium soy sauce



## The Method


Cut the red pepper in half, then remove the core and thinly slice. Cut the mushrooms into slices. Peel and finely chop the garlic. Trim the scallions and thinly slice.

Heat a casserole dish with a lid (or a heavy-based pan) over a high heat. Add the oil and then tip in the peppers and mushrooms and sauté for 3 minutes until just starting to soften and turn golden. Reduce the heat, then stir in the garlic, five-spice and rice. Cook for 2 minutes, stirring, then add the stock.

Cover the vegetable and rice mixture and simmer for 15-20 minutes until all of the liquid has gone and the rice is tender. Add the peas for the last few minutes and allow them to steam on top.

Heat a frying pan over a medium heat. Break the eggs into a bowl and lightly beat. Add the oil to the heated pan and then pour in the beaten eggs, swirling them around to make a thin omelette. Once set, slice on to a chopping board, then roll up and cut into thin shreds.

Fluff up the veggie rice hot pot and season with the soy sauce, then gently fold in the shredded omelette and scallions and divide among plates to serve.

 Suitable for vegetarians