



Simple Cooking Series

4 Sticky rice and vegetables



Ingredients:

- * 2 cups uncooked rice
- * 1 tablespoon soy sauce
- * 2 eggs
- * 2 Tablespoons milk
- * Pinch of Pepper
- * 4 cups Frozen or canned vegetables (anything you have! try peas, corn, carrot, canned mushroom, broccoli, green beans)

Steps:

1. Cook rice according to packet directions
2. Microwave vegetables according to packet directions
3. Whisk eggs and milk in a microwave safe bowl
4. Microwave for 45 seconds, stir, then microwave for another 45 seconds
5. Add the cooked rice and vegetables to the eggs and microwave on high for 45 seconds or until hot
6. Mix in the soy sauce and pepper
7. That's it! Enjoy!

Serve:

- on its own
- as a side dish
- with a stir fry sauce

Or use as filling for stuffed zucchini or capsicum

Add some meat, tofu or beans for extra protein, an important nutrient for staying strong and healthy

Tips and Money Savers

You can cook this on the stove top too- cook the rice, whisk the eggs and milk together, then add everything to a pan on medium-high heat and stir together until the eggs are cooked and everything is heated through

You can also use pre cooked microwave rice packets

Try reduced salt soy sauce to lower your sodium intake

Buy in bulk to save money. Cook in large batches, serve in containers in meal-sized amounts and freeze for up to 1 month

This meal is already very cheap at around 75 cents per serve!

This document has been prepared by the Community Partnerships Unit, South Eastern Sydney Local District (SESLHD).

If you have any comments or questions, please contact us at: SESLHD-YourVoice@health.nsw.gov.au