

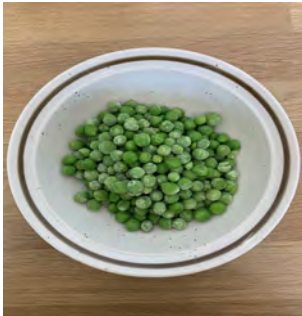








Rice, eggs & peas



Ingredients

	20g uncooked rice		1 x egg
	2 tablespoons of Garden peas		










You will need

	Chopping board		Small saucepan
	Med/large saucepan		Mixing bowl
	Metal colander		Serving bowl

You will need cont....

	Tin foil		Small chopping knife
	fork		Measuring scales
	Fine mesh colander		Grater

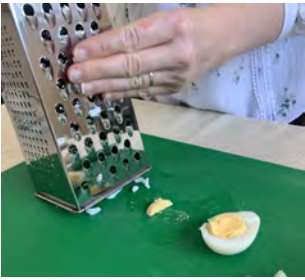


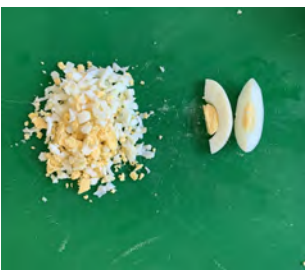
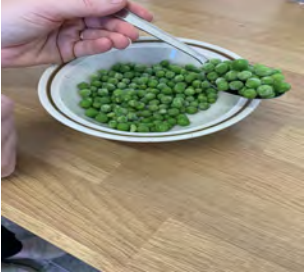






Method

	Measure out 20g of rice	
	Put the rice into a fine mesh sieve	
		Wash the rice with tap water over the sink
		Cook the rice as per packet instructions in a saucepan and water
		Drain the rice over the sink into the fine mesh sieve Cool under cold running water for a few minutes
	Place in mixing bowl and set aside	





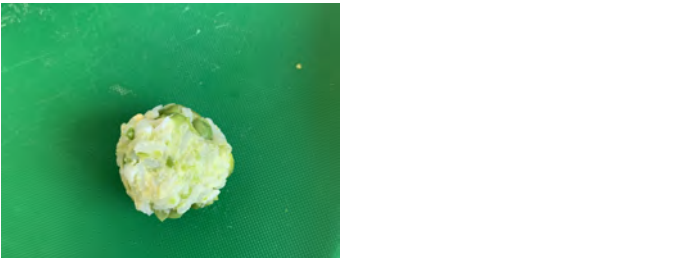

Method

	<p>place the egg in a saucepan of water</p>	
	<p>Boil the egg for around 10 minutes</p>	
	<p>Remove from hob and cool the egg by running cold water into the sauce pan for a few minutes</p>	
		<p>Peel the egg</p>
	<p>Get rid of the shell</p>	
		<p>Cut the egg in half, with one half of the egg cut it into finger pieces and set aside for finger food</p>

Method

		Grate the other half of the egg
		You should now have half an egg grated and the other half as finger food
		Measure out 2 heaped tablespoons of garden peas
		Place the peas into a metal colander placed over a saucepan of boiling water
		Cover with tin foil and steam for around 5 minutes
		Once the peas have cooked allow to cool for a few minutes, add the peas to the rice in the mixing bowl Mix and mash the peas as you mix with a fork

Method

	<p>Add the grated egg</p>
	<p>Mash and mix altogether</p>
	<p>You can add some of the cooking liquid from the peas if needed to loosen the mix</p>
	<p>You may use some of the mixture as finger food, roll some mixture into a small ball in your hands</p>
	
	<p>Serve in a suitable serving bowl and optional finger food can be served also for baby</p>