

## **Savoury Rice (Serves 2)**

### **Ingredients**

½ onion, chopped

2 tablespoons MCT Oil

100g long grain or brown rice

½ teaspoon beef or chicken stock powder

150ml water

Salt & pepper

1 teaspoon parsley, chopped

### **Method**

1. Cook the onion in the oil and then add the rice until browned.
2. Mix the stock powder with a little water and add to the rice, together with the remaining water and bring to the boil.
3. Simmer for 15-20 minutes with the pan lid tilted until the rice is soft and all the water is absorbed (brown rice takes about 30-40 minutes), adding additional water if necessary.
4. Season to taste and sprinkle with parsley to serve.

### **Serving Suggestions**

Add cooked vegetables, chopped chicken or prawns to create a risotto or pilaf.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics