

Cheese and Broccoli Rice

Makes 4 servings

Ingredients

- 200g uncooked low protein rice
- Tbsp. oil
- 200g Low protein cheese
- (Violife or sons of butchers)
- Broccoli 200g
- 50g butter
- Salt and Pepper to taste



Method

1. Add about 200g of uncooked low protein rice into a saucepan and add sufficient water. Bring to a boil and follow instructions on packaging.
2. Sprinkle some salt and oil into the boiling rice while cooking to avoid it clumping together.
3. While the rice is cooking, add 200g of broccoli to another saucepan and boil.
4. Both rice and broccoli should cook in a similar time to each other so when they're ready, drain the remaining water from the rice and rinse with hot or cold water to remove the starch.
5. Drain the water from the pot of broccoli and use a large knife to finely chop the broccoli into very small pieces.
6. Add the butter into the rice and place the rice back on the stove but very low heat.
7. Add the chopped broccoli and cheese and stir until everything is melted and mixed well.
8. Sprinkle salt and pepper to taste and serve immediately!