

# Pea and Mint rice with Fetta

## Ingredients

- ☐ 1 cup brown rice (cook in rice cooker: 1 cup rice to 1 ½ cups of water)
- ☐ 1 1/2 cups frozen peas
- ☐ ¾ cup sliced spring onions
- ☐ ¼ cup finely crumbled feta cheese (vegan feta or remove feta)
- ☐ ¼ cup sliced fresh mint
- ☐ Freshly ground pepper and salt, to taste

## Method:

☐ **Step 1** Put 2 cups of water into a small pot and bring it to the boil. When the water is boiling put the frozen peas in and turn down to a medium heat. Simmer the peas for about 5 mins, or until just soft, drain the peas and rinse under cold water.

### **Step 2:**

Spoon the rice into a large bowl and stir in scallions, feta, mint, salt and pepper.

### **Step 3:**

Serve the rice into small bowls/cups

ENJOY!!!! 😊

## Review: