Savoury Rice with Sweetcorn and Cinnamon

Cooking time	25 mins
Preparation time	10 mins
Serves	6

A simple yet flavourful dish that combines aromatic herbs, spices, vegetables with rice. It’s perfect as a side dish or a light meal, and the fresh herbs add a vibrant touch to the overall flavour.

Ingredients

- 1 litre (4 cups) water
- 250ml (1 cup) uncooked rice
- 15ml (1 Tbsp) salt
- 45ml (3 Tbsp) oil
- 1 onion, diced
- 30ml (2 Tbsp) crushed fresh garlic
- 5ml (1 tsp) finely chopped fresh ginger
- 200g fresh or frozen sweetcorn kernels
- half a green, red and yellow pepper, chopped
- 5ml (1 tsp) ground cinnamon
- 1 x Royco® Korma Curry Dry Cook-In Sauce – use 3 Tbsp (45ml)
- 1 x Royco® Thai Green Curry Dry Cook-In Sauce – use 3 Tbsp (45ml)
- 30ml (2 Tbsp) finely chopped fresh mint
- a squeeze of fresh lemon juice

Recipe developed for Royco by @leyfortskitchen

Cook’s tips:

- Rinse the rice: Before cooking, rinse the rice under cold water to remove excess starch. This helps keep the rice from becoming too sticky. Don’t overcook the rice: cook the rice until just tender but not mushy. Overcooking can result in a soggy dish.
- Fry the ginger and corn properly: be sure to cook the ginger and corn until the corn softens and the ginger becomes aromatic. This will add depth to the flavour.

- Balance the cinnamon: Use only 1 tsp (5ml) of cinnamon to add warmth without overpowering the dish. Too much cinnamon can easily overwhelm the other flavours.

Method

1. Cook the rice: pour 2 cups (500ml) of the water into a pot and add the rice and the salt. Bring to a boil and cook for about 15 minutes. Stir the rice once, then add the remaining 2 cups of water. Continue cooking over a gentle heat until the rice is tender and all the water has been absorbed. Set aside. For advice about cooking rice, see Cook's tips above.
2. Prepare the vegetables: heat the oil in a large pan over a medium-low heat. Add the onion and garlic and fry until golden brown and fragrant. Stir in the ginger and continue cooking for another 3 minutes, allowing the ginger to become aromatic.
3. Add the sweetcorn kernels and cook until softened and sweet. Now stir in the chopped peppers and cinnamon, mixing well to combine all the ingredients.
4. Combine the rice and sauce: tip the cooked rice into the pan with the vegetables and stir well to coat the rice evenly.
5. Add the Royco flavours: sprinkle over 3 Tbsp (45ml) of the powder from the sachet of Royco® Korma Curry Dry Cook-In Sauce, and 3 Tbsp of the powder from the packet of Royco® Thai Green Curry Dry Cook-In Sauce. Stir well, then let the mixture simmer for about 10 minutes so the flavours can blend.
6. Just before serving, garnish the rice with fresh mint, then drizzle with lemon juice to add a fresh burst of flavour.

Dry Cook-in Sauce, Side, Light Meal

Related Recipes

Creamy Chicken and Pasta Bake

Cooking time

30 mins

Preparation time

20 mins

Macaroni Cheese with Tomato

Cooking time

30 mins

Preparation time

10 mins

Lamb Tray Tagine

Cooking time

180 mins

Preparation time

20 mins

Fiesta Mince Bowl

Cooking time

40 mins

Preparation time

10 mins

Ham, Mushroom and Cheese Bake

Cooking time

25 mins

Preparation time

10 mins



Butternut Risotto with Rocket and Feta

Cooking time

25-30 mins

Preparation time

5 mins



Bolognaise

Cooking time

30 mins

Preparation time

10 mins

Chicken & Mushroom Phyllo Pie

Cooking time

20 mins

Preparation time

15 mins

Penne with a Mediterranean Touch

Cooking time

15 mins

Preparation time

15 mins

Lamb Ragu Lasagna

Cooking time

35 mins

Preparation time

20 mins

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