



**ST PETER'S
HOUSE**

CURIOSITY | ENCOUNTER | GIFT

Serves 1

Sweetcorn and Rice Chowder

The Well Recipe Card

- ½ onion – chopped small (sweetcorn size)
- ½ stick celery – diced small (sweetcorn size)
- ½ red pepper – diced small (sweetcorn size)
- 1 garlic clove – finely chopped
- 1 tsp mixed herb
- 50g long grain rice
- 200ml water 200ml milk
- ½ vegetable stock cube
- ½ a 285g tin sweetcorn – drained
- ½ tin chickpeas – drained
- 2 spring onions – finely sliced

Optional extras; granary bread, butter, cracker

Prepare vegetables as described.

In a saucepan over a medium heat, sweat onion with a little cooking oil until soft & translucent (2 – 4 mins).

Add celery & pepper and cook until soft (2 – 4 mins).

Add garlic and cook out for 1 minute before adding mixed herbs.

Add rice, milk, water, ½ vegetable stock cube, chickpeas & sweetcorn – simmer until rice is cooked (10 – 12 mins).

Finally, taste and adjust seasoning (salt & pepper).

Serve garnished with spring onions & any optional ingredients.

