



## INSTRUCTION CARD – COOKING RICE

### (SERVES 4)

#### INGREDIENTS:

1 cup white rice  
1 1/2 cups water  
(2 cups if using brown rice)

#### UTENSILS:

Measuring cup	Wooden spoon
Small to medium saucepan with lid	Fork
Sieve	Teaspoon

#### OPTIONS:

- If 2 cups of rice are required, double the ingredients.

#### METHOD:

1. Boil the water in a saucepan.
2. Rinse rice with water in a sieve until the water runs clear, then add to the saucepan of boiling water and stir.
3. Place lid or a plate on top of saucepan and boil on low for 10 minutes, stirring occasionally.
4. Reduce the heat to low and allow to sit for 10–15 minutes or until cooked (test the rice by tasting it to make sure the texture is right).
5. If excess water remains, drain the cooked rice in a sieve. Fluff rice with a fork and distribute evenly in to four bowls or plates.



Scan for more cooking tools and tips

[FOODBANK.ORG.AU/COOKING-TOOLS-AND-TIPS](https://www.foodbank.org.au/cooking-tools-and-tips)