

# vegemince™ and Rice Stir Fry

Linda McCartney

Serves 4

## Ingredients

2 tbs olive oil  
1 large onion, chopped finely  
6 oz (175g) vegemince™  
6 oz (175g) long-grain rice, cooked  
as per instructions on pack  
1 tbs chopped fresh parsley or  
other herbs  
2 tbs frozen peas  
1 tbs tomato puree, or 4 tbs  
chopped tomatoes  
sea salt and freshly ground black  
pepper to taste  
4 tbs grated mature cheddar to  
serve (optional)

## Method

Serve this quick supper dish with a green vegetable such as creamed spinach, or a crunchy vegetable salad.

Heat the oil in a wok or frying pan and sauté the onion for 5 minutes. Add the vegemince™ and frozen peas and stir-fry for 5 minutes or until lightly browned. Stir in the cooked rice, herbs and tomato puree or tomatoes. Fry for an extra 5 minutes, til all rice is well heated through. Season to taste. Heat through, stirring.

Nice served with grated mature cheddar on top (approx 1 tbs per serving)

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