Rainbow Rice & Fluffy Clouds

Ingredients

For the rainbow veg:
- 50g diced red pepper
- 50g diced carrot (lightly cooked)
- 50g sweetcorn (frozen/tinner)
- 50g spring onion
- 50g peas (lightly cooked)
- 50g diced cooked beetroot
- 1 tbsp oil

For the rice:
- 1 cup rice
- 2 cups boiling water
- 1 tbsp oil
- 1 tbsp orange juice (optional)

For the fluffy clouds:
- 4 eggs separated
- 50g grated cheese
- Oil for greasing

Method

1. Heat the oil gently in a pan, add the rice and toast it for 5 minutes until you can smell toasty smells.
2. Add two cups of boiling water, turn the heat down to create tiny bubbles (a gentle simmer) cover with a tight fitting lid.
3. Leave to cook for 15 minutes with the lid on. Then remove the lid and fluff up with a fork and set aside.
4. Add the orange juice to the cooked rice and then add and arrange your vegetables to make a rainbow.
5. Then whisk the egg whites until stiff and cloudy looking. Carefully fold in the grated cheese.
6. Spoon four fluffy clouds onto a well greased baking sheet, and make a little nest in the top of each one. Bake in a hot oven for about 3 minutes until golden.
7. Gently place an egg yolk into the top of each cloud. Bake until the yolks are just set and a little wobbly.
8. Place your fluffy egg clouds on top of your rainbow rice and enjoy!