

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!

