



SUMMER

SUPPER

CLUB

TO SUPPORT SURVIVORS OF TORTURE

GOOD FOOD

GOOD COMPANY

GREAT CAUSE

SRI LANKAN VEGETABLE RICE

You will need:

- 500g red rice
- 250g pumpkin
- 150g tapioca (cassava)
- 7 green chillies • 1 big onion
- 3 potatoes • 1 carrot
- 3 tomatoes • 1 aubergine
- 1 banana pepper (or green pepper)
- ½ teaspoon salt
- ½ teaspoon turmeric powder
- 2 tablespoon sambar powder
- 1.5 litres water
- 1 whole head of garlic
- 1 piece of ginger

Method:

1. Cut all the vegetables into small pieces. Finely chop garlic and ginger.
2. Wash the rice thoroughly and then put the rice and 1.5 litres of water in a big pan. Bring to boil and boil the rice for ten minutes.
3. Add all the vegetables, ginger and garlic.
4. Cover the pan and cook for 10 minutes.
5. Add turmeric powder, salt and sambar powder and stir well.
6. Cover the pan and cook for 30 minutes.

