



## Vegetable Rice Slice

Serves: 1  
Prep time: 15 Minutes  
Cooking time: 75 Minutes  
Resting time: 1 hour

### Ingredients:

#### Base

- 1 tablespoon butter
- 2 tablespoons chopped onion
- 1 teaspoon crushed garlic
- ⅓ cup brown rice
- 1 cup chicken stock, boiling
- 1 egg yolk **\*reserve white**
- salt & pepper

#### Filling

- 2 tablespoons butter
- ¾ cup chopped onion
- 4 small mushrooms chopped
- ¾ cup chopped tomato
- ¼ cup chopped red capsicum
- ¼ cup frozen peas
- small handful chopped basil

### Method:

**Base:** Line a small deep casserole dish with foil and up the sides.

Melt the butter in a small saucepan over medium heat. Add the onion and garlic and cook for 1 minute. Add rice and stir to combine, then gradually add boiling stock, stirring as the liquid is absorbed. Cover and cook on low heat for approx. 25 minutes, until liquid is absorbed and rice is tender, add pinch salt and pepper to taste. Place the mixture into the base of casserole dish and flatten.

#### Filling:

Melt butter in small saucepan, add onions and cook for 1 minute. Add remaining vegetables and cook for 1-2 minutes till just softens. Pour the vegetables over the base

#### Topping:

Melt butter in small saucepan, add flour and stir, cook for 1 minute. Remove from heat and gradually add the milk, stir to prevent lumps. Add the cheese and beaten egg white, parsley and a pinch of salt, stir until cheese melts and mixture thickens. Pour over the vegetables and base and sprinkle with grated parmesan. Bake in moderate oven for 35 minutes and Rest to set for 1 hour



*A lovely winter light meal*

#### Topping

- 1½ tablespoons butter
- 1 teaspoon plain flour
- 1 cup milk
- ¼ cup grated cheese
- 1 egg white **\*reserved**
- 1 tablespoon chopped parsley
- pinch salt
- grated parmesan