

Thai Brown Rice with Tomato and Pineapple

Season: Any

Type: Thai Main

Difficulty: 

Serves: 6

Equipment:	Ingredients:
Measuring cups and spoons	1½ cups long-grain brown rice
Chopping boards and mats	1½ Tblsp oil
Knives	2½ cups small broccoli florets
Wok	2 medium carrots, sliced
Medium Saucepan with lid	3 to 4 spring onions
Wok or large frying pan	2 medium tomatoes, diced
Wooden spoon	2 cups pineapple, cut into chunks
	1 cup light coconut milk
	2 Tblsp soy sauce,
	1 tsp curry powder
	2 tsps grated ginger

Method:

Combine the rice with 3 cups water in a saucepan.

Bring to a rapid simmer, then cover and simmer gently until the water is absorbed, 30 to 35 minutes.

Shortly before the rice is done, heat the oil in a frying pan or wok.

Add the broccoli and carrots.

Turn the heat up to medium-high and stir-fry for 3 minutes or so, just until the vegetables are tender-crisp.

Add the spring onions, tomatoes, and pineapple chunks and continue to stir-fry until the tomatoes soften slightly.

Stir in the cooked rice, and then add the coconut milk, curry powder, soy sauce, and ginger.

Stir gently until all the ingredients are completely combined.

Taste and increase any of the flavourings if required.