



## STICKY RICE WITH HAM, PRAWNS & PINEAPPLE



MINUTES TO PREPARE  
5



MINUTES TO COOK  
20



SERVES  
5

### INGREDIENTS

**300g basmati rice**  
**800ml water**  
**1 teaspoon vegetable bouillon**  
**1 onion, peeled and diced**  
**2 tablespoons sesame seed oil**  
**2 cloves garlic, peeled and finely diced**  
**2cm fresh ginger, peeled and finely diced**  
**400g ham, chopped into chunks**  
**100g frozen prawns**  
**200g frozen peas**  
**200ml boiled water**  
**3 slices pineapple, peeled, cored and cut into chunks**  
**4 spring onions, outer leaves removed and thinly sliced**  
**Juice of 1/2 lemon**  
**1 tablespoon sweet chilli sauce**

### LET'S GET COOKING

- 1 Place the rice in a fine sieve and rinse well under cold water for 1 minute. Boil the kettle. Place the rice in a medium sized saucepan and add 800ml boiling water. Bring to the boil and pop on a lid. Turn the rice down to a simmer and cook for 11 minutes, until the grains are soft and the water has evaporated. Take off the heat and leave to the side with the lid on.
- 2 Meanwhile, heat the sesame oil in a large frying pan. Sauté the onion over a medium heat for 5 minutes. Add the garlic and ginger and cook for a further 2 minutes. Then add the peas, prawns and ham with 200ml boiling water and sauté for 5 minutes until the peas have defrosted and the ham has warmed through.
- 3 Add the rice, pineapple, spring onions, lemon juice and chilli sauce and give it a really good stir. Taste for seasoning and add lemon, chilli sauce, salt and pepper to your liking. Serve with soy sauce, chilli sauce and extra lemon wedges for people to help themselves.

*"This is a bit of a leftover throw-it-all together meal which so often are the best! One to reach for when you feel like there's no food left in the house, and yet, somehow you can rustle up a healthful feast in less than half an hour. It's a nice way to use up any leftover baked ham, but works just as well with sliced ham."*

*I like to keep a handful or two of prawns and a bag of peas in the freezer and always have a bag of basmati in the store cupboard. Equally, there's often some pineapple and lemon in the fruit bowl that needs using up and sweet chilli, ginger and garlic are core ingredients. My boys don't eat chilli sauce or raw spring onions, so I serve them first before adding the chilli and onions (as seen in the photo). That way I am able to keep everyone happy"*