

Tuna Rice

The
Cooking
Club

You will need:

Serves: 2



Chopping board and
knife



Saucepan



Saucepan



Sieve



Frying pan



Measuring jug

Tuna Rice



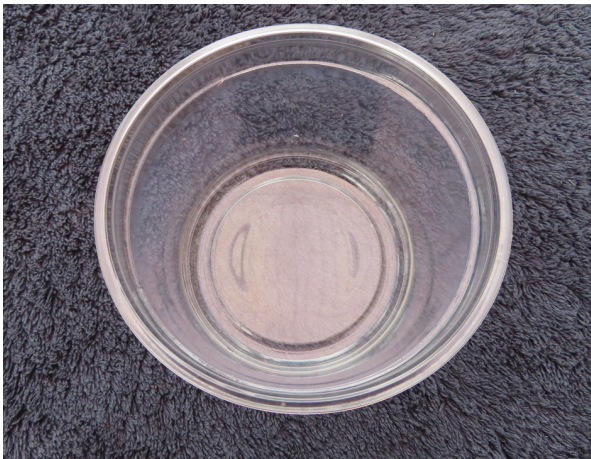
You will need:



Tablespoon



Teaspoon



2 pots/dishes for weighed/chopped ingredients



Weighing scales



Wooden spoon

Tuna Rice



You will need:



Tin of tuna or vegan tuna



1 onion



120g rice



2 eggs



1 teaspoon turmeric



Oil

Tuna Rice



You will need:



1 teaspoon mixed herbs

Tuna Rice



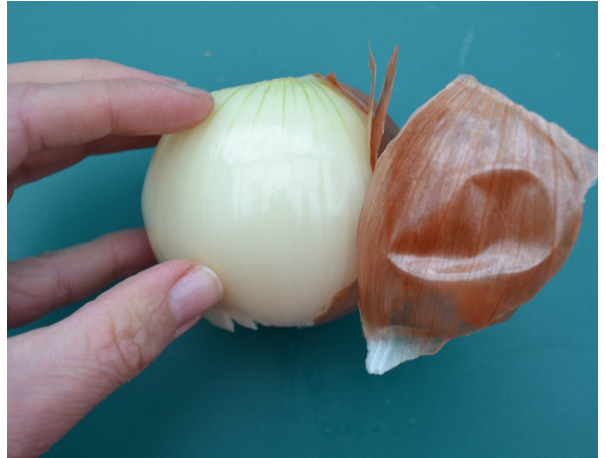
Recipe:

1



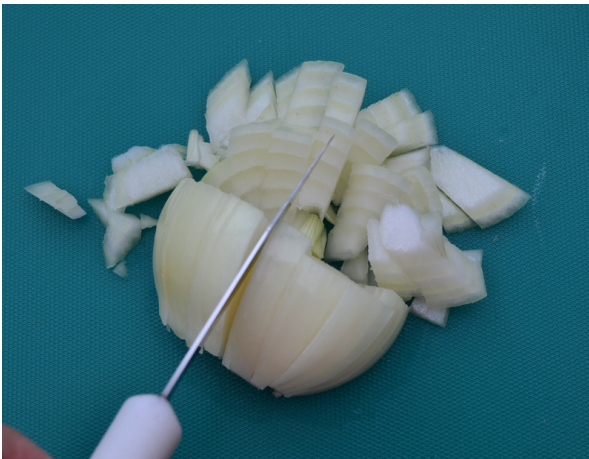
Wash your hands

2



Peel the onion

3



Chop the onion

4



Drain the tuna

5



Put 120g of rice in a sieve and rinse it

6



Put the rice in a saucepan

Tuna Rice



Recipe:

7



Add 500ml of cold water

8



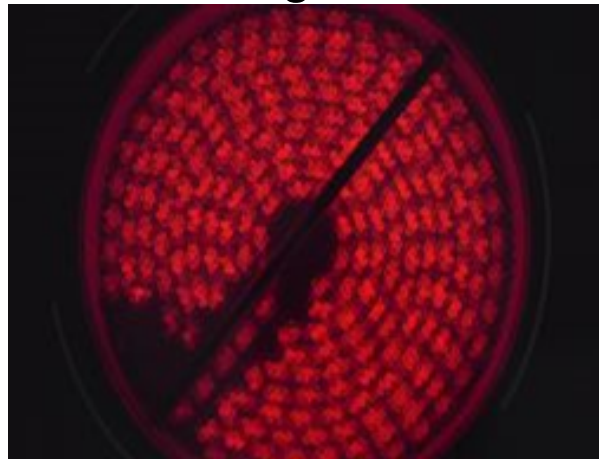
Turn the cooker ring to high

9



Bring to the boil

10



Turn the cooker ring to low

11



Stir once and cook for 10 minutes

12

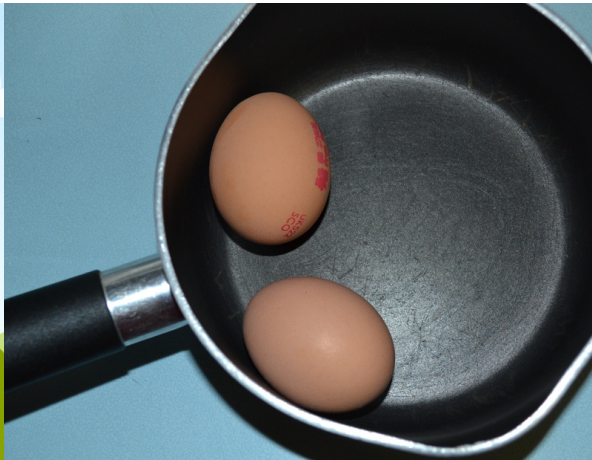


Drain the rice

Tuna Rice

Recipe:

13



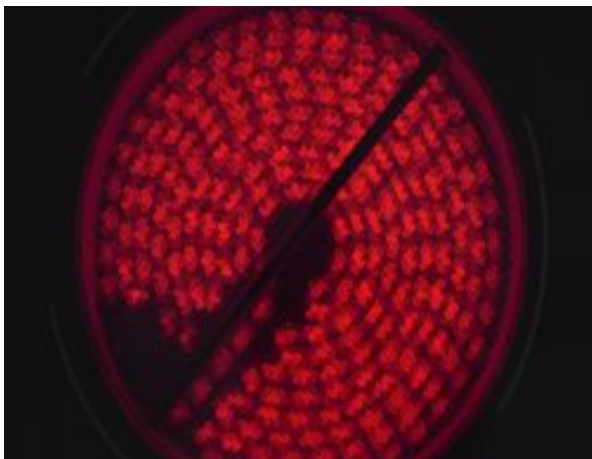
Put 2 eggs in a
saucepan

14



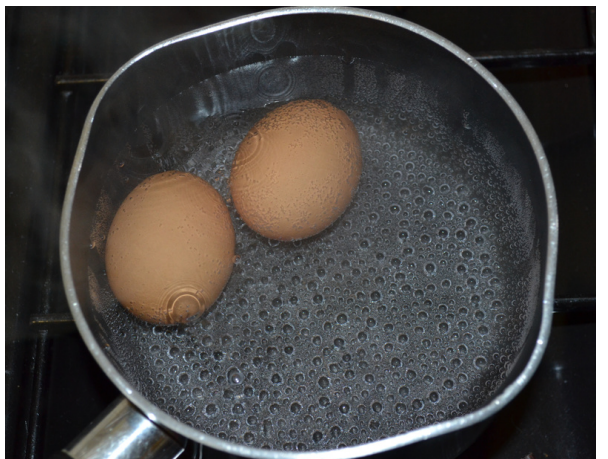
Cover with cold water

15



Turn the cooker ring to
high (for the eggs)

16



Bring to the boil

17



Boil for 8 minutes

18



Drain the eggs

Tuna Rice



Recipe:

19



Turn another cooker ring to medium (for the onions)

20



Put 1 tablespoon of oil in the frying pan

21



Add the onions

22



Stir and cook for 10 minutes

23



Add 1 teaspoon of turmeric

24



Mix

Tuna Rice



Recipe:

25



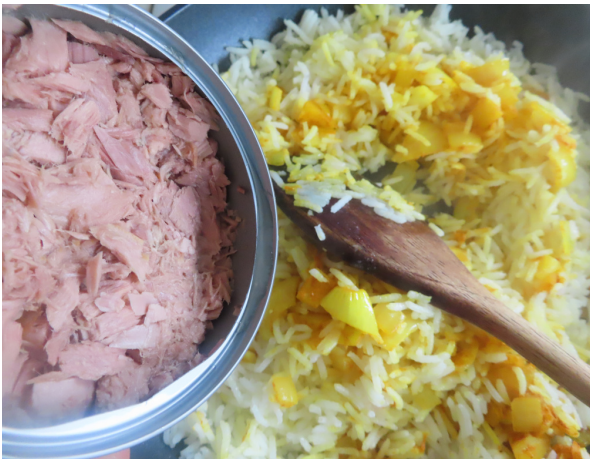
Add the cooked rice

26



Mix

27



Add the drained tuna

28



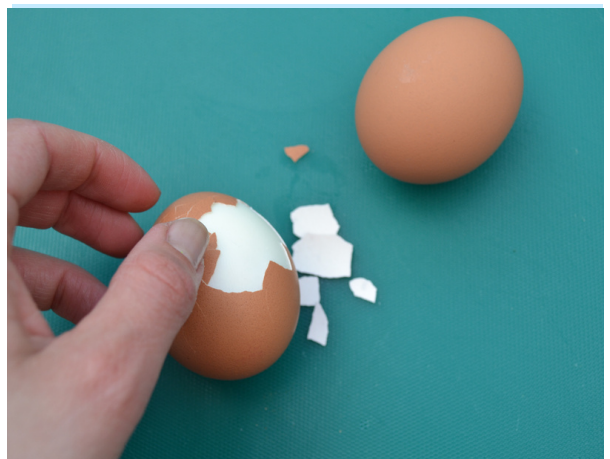
Add 1 teaspoon dried mixed herbs

29



Mix

30



Peel the eggs

Tuna Rice



Recipe:

31



Cut the eggs into pieces

32



Serve