

# 花生拌糙米饭

## *Braised Rice with Peanut*



Jasmine Food Corporation Sdn. Bhd.(162356-H)

### 【材料】

罐头花生1罐、青、红、黄甜椒各¼粒（切丁）、  
Jasmine保健米天然糙米 2杯、菜油2汤匙、水2½杯

### 【调味料】

盐1茶匙、鸡精粉1茶匙、油2汤匙

### 【做法】

1. 将Jasmine保健米天然糙米 洗净沥干，加入调味料拌匀，置放10分钟。
2. 把Jasmine保健米天然糙米 连同水煮至水份稍干，倒入花生盖上焖焗约10分钟。
3. 加入青、红、黄甜椒搅拌均匀，再焖5分钟便可。

### 【Ingredients】

1 canned braised peanuts, ¼ each of green, red & yellow capsicum (diced), 2 cups Jasmine Sun Brown Original brown rice , 2 tbsp vegetable oil, 2 ½ cup water

### 【Seasoning】

1 tsp salt, 1 tsp chicken powder, 2 tbsp oil

### 【Method】

1. Wash and drain rice grains, mixes with seasoning and set aside for 10 minutes.
2. Boil the rice grain with water until about to dry, pour in fresh mushroom and peanut together with gravy and simmer for 10 minutes.
3. Toss in all capsicums and simmer for another 5 minutes, done.

