



MUSHROOMS & PEAS RICE PILAU

SERVES: 6

TOTAL TIME: 25 MINUTES

INGREDIENTS

1 package **rice pilau mix with toasted almonds**

1 tbsp **butter**

225g **fresh** or **frozen peas**

75g sliced **baby portobello mushrooms**

INSTRUCTIONS

Prepare the pilau according to the package directions.

In a large non-stick pan, heat the butter over medium heat.

Add the peas along with the mushrooms and allow to cook, stirring occasionally, until tender.

Stir in rice and serve hot.

MACROS PER PORTION

CALORIES	186	PROTEIN	5
CARBS	28	FATS	6
FIBRE	3		