

CHUTNEY MAYO RICE CUPS

Makes 12

INGREDIENTS

4 cups water
½ tsp salt
1 cup Spekko Long Grain Parboiled White Rice
¼ cup breadcrumbs
½ cup mayonnaise
½ cup chutney
2 tbsp brown onion soup powder
2 cups shredded chicken
1½ cups grated cheese
2 eggs, beaten
¼ cup sliced spring onion
Salt and pepper, to taste

Serving suggestion:

Spring onion, sliced
Mayonnaise
Side salad

METHOD

1. Pour the water into a medium pot and add the salt.
2. Stir in the rice and bring to the boil. Turn the heat down to a simmer and cook, slightly covered, for 20-25 minutes.
3. Remove from the heat and fluff using a fork. Allow to cool to room temperature.
4. Preheat the oven to 180°C. Grease the base and sides of a 12-hole muffin tin and sprinkle with the breadcrumbs. Set aside.
5. In a medium bowl, combine the mayonnaise, chutney, brown onion soup powder and 3 tablespoons of water and whisk until smooth and thick. Stir in the rice, shredded chicken, cheese, eggs, spring onion and season with salt and pepper to taste.
6. Spoon the mixture evenly into the prepared 12 muffin holes and bake for 20-25 minutes, or until golden and crisp on top. Remove from oven and allow to cool for 2-3 minutes before taking out of the muffin tin.
7. Serve 2 rice cups as a dinner portion, each with a dollop of mayonnaise and a sprinkle of sliced spring onion, next to a fresh salad and ENJOY! **Chef's Tip: Make a few extra for tomorrow – they're the perfect size for your lunchbox!*