

Oven chips, pasta and rice

A good programme on television at seven o'clock. Thirty-five minutes to prepare a meal.

Some McCain crinkle oven chips set cooking for 20 minutes in the conventional oven.

A kettle filled with cold water and set to boil.

Into a one litre plastic measuring jug 200 millilitres of Uncle Ben's wholegrain rice were poured, then some, quite a lot, Dietary Specials fusilli pasta pieces were added up to about 900 millilitres and then some, not many, Orgran vegetable rice pasta spirals (three colours, red, white, green) were added at the top.

The contents of the jug were then poured into a large casserole and almost 2 litres of boiled water added.

The casserole was put into the microwave for 15 minutes at 70% of the 900 Watt availability.

Some of the liquid boiled out!

In time for the television programme, a delicious vegan meal, yellow, brown and white with a few highlights of red and green. With some left over for a second helping after the programme.

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