



## INGREDIENTS:

1 Tbsp Vegetable Oil  
1 Onion, Sliced  
1 Garlic Clove, Chopped  
½ Tsp Turmeric  
8Oz Cooked Plain Rice  
2Oz Chicken Stock  
4Oz Frozen Mix Seafood  
2Oz Frozen Peas  
Lemon Wedges, to Serve

## DIRECTIONS:

1. Heat oil in a frying pan.
2. Tip in the, onion and garlic; then cook for a couple of mins until softened. Stir through turmeric, followed by the rice.
3. Mix seafood and peas and 2oz chicken stock.
4. Keep stirring until everything is warmed through and the water has been absorbed.  
Serve with lemon wedges