



# Sweet & Sour Rice

Visual Recipe  
by DAREBEE

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1 cup - 7oz - 200g rice  
3 bell peppers  
2 tbsps flour  
2 tbsps rice vinegar  
½ cup - 4oz - 120g maple syrup  
1 cup - 7oz - 200ml water

2 PORTIONS

**LEVEL UP!** Add spring onions and sesame seeds.

## INSTRUCTIONS

1. Rinse rice really well.
2. Transfer the rice to a cooking pot. Cover with double the amount of water, season for taste and stir once. Bring water to a boil then lower heat to low. Cover with a lid and simmer until it has completely absorbed the water. It will take ~ 20 minutes for white rice; 35 minutes for brown rice.
3. Clean and cut bell peppers into bite-sized pieces and add to a large frying pan.
4. Add vinegar, maple syrup, flour and water to a mixing bowl. Stir until combined and pour over the peppers. Bring to a boil then reduce heat to medium, cook for 10 minutes stirring occasionally until the sauce thickens and the water is reduced to a third of the original amount.
5. Add the rice to the pan, cook and stir for another 2 minutes. Season for taste.
6. Transfer to a plate. Garnish with spring onions and sprinkle with sesame seeds.

