

Creamed Rice with Spiced Apples



Serves: 6

Prep time: 10 minutes

Cook time: 30 minutes

Dietary: GF, V

Ingredients

- 1 cup Arborio rice
- ¼ cup sugar
- 750ml (3 cups) light and creamy evaporated milk
- 4 red apples, cored and cut into wedges
- Cinnamon stick
- Saffron threads (optional)
- 250mL apple juice

Method

1. Place rice and 2 cups (500ml) water in a saucepan, bring to the boil, without stirring; reduce heat to medium, cover and cook for 5 minutes or until most of water is absorbed.
2. Add caster sugar and evaporated milk; bring to the boil.
3. Reduce heat to low and simmer for 20 minutes, stirring occasionally to prevent sticking, until rice is soft.
4. Meanwhile, place apples, cinnamon, saffron, and apple juice in a saucepan over low heat. Bring to the boil, reduce heat to medium and simmer for 10 minutes or until apples are softened.
5. Serve rice topped with apples and cooking liquid.

Dietitian's Tip: Another great flavour to add to the apple is mixed spice. If you do not have a cinnamon stick, ground cinnamon can be used instead. Evaporated milk makes this dessert extra creamy, however milk can be used as a substitute.