

Immune-boosting congee

"When I'm feeling a little run down and need nourishing comfort food, I head to the kitchen and make my congee. It's the perfect warming dish to keep you healthy this winter."

cook 1:00

ingredients

180 g organic brown rice
2 l vegetable stock (liquid)
1 spring onion (sliced)
1/4 tsp cold pressed sesame oil
1 pinch shichimi togarashi
fresh ginger (sliced, *optional)
coriander leaves (*optional)
wheat-free tamari (*optional)
tumeric (*optional)



method

1. Place rice into a pot and dry-roast over a low heat until fragrant, but not coloured.
2. Pour over the water or stock and bring to the boil.
3. Reduce heat to a simmer, cover and slow-cook the rice, stirring regularly for 1 hour or until the rice is soft. The end mix should look creamy.
4. Spoon into generous serving bowls and garnish with shredded ginger, tamari, coriander, sesame oil, shichimi togarashi (see notes) and turmeric is using.

notes

Brown rice can be replaced with quinoa, barley or whole oat groats.
A light sprinkle of fried shallots can be used for extra crunch and texture.

Use chicken stock or water in place of the vegetable stock - add poached organic chicken, fish or a beaten egg for added protein.

Shichimi togarashi is a traditional Japanese seasoning with a hot chilli bite. It contains sea salt, chilli, white poppy seeds, golden sesame seeds, black sesame seeds, orange peel, mustard seeds, Sichuan pepper and lemon myrtle.

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A Destination That Will Take Your Breath Away

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SEX RELATIONSHIPS

Online dating for over 40's

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SEX RELATIONSHIPS

How to date when you're over 40

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SEX RELATIONSHIPS

The one thing most over-forties are looking for in a date

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NEWS

'Today is the saddest day in my life - a child was born but a mother died'

(<https://www.kidspot.com.au/news/doctor-shares-heartbreaking-photos-of-mum-who-died-in-childbirth/news-story/58971d6a42f3c849e5656577a18d14ba>)

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NEWS

'We were playing 'I Spy' in the car and then Mummy started swearing'

(<https://www.kidspot.com.au/news/chloemay-kabea-recalls-familys-final-moments-before-river-drownings/news-story/5ba133fff96704a02fcf353bae62ae03>)

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Australians With Private Health Cover Need To Know This

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LIFESTYLE

The awkward moment Prince Harry seems to tell Meghan to 'turn around'

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NEWS

Child services took my baby as I ate a pastry hours before giving birth

(<https://www.kidspot.com.au/news/baby-taken-as-mum-tests-positive-for-drugs-after-eating-bagel-before-birth/news-story/67d140aab9500f09d94eb1e08a7e795e>)

