



Herb Pilaf

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: chives, garlic, mint, onion, parsley

Recipe source: Adapted from a recipe from Mansfield Primary School

Note: You need to use the **Basic Steamed Rice** recipe (page 119) for this dish.

Equipment:

metric measuring cup and spoons
clean tea towel
chopping board
cook's knife
large saucepan with lid
wooden spoon
serving bowls or platters

Ingredients:

1½ cups white rice
3¾ cups chicken stock
2 tbsp olive oil
1 brown onion, peeled and finely chopped
2 garlic cloves, peeled and finely chopped
1 small handful of parsley, finely chopped
1 small handful of chives, finely chopped
1 small handful of mint, finely chopped
salt, to taste
pepper, to taste

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Cook the rice in the chicken stock using the **Basic Steamed Rice** method.
3. Add the oil to the saucepan and cook the onion and garlic, stirring for 3–4 minutes, or until the onion has softened.
4. Add the cooked rice and stir until combined.
5. Stir through the fresh herbs, season to taste and serve.

