



READY TO COOK
BY HARRIS FARM

VEGETABLE PILAU RICE



PREP
10 min



COOK
35 min



SERVES
4

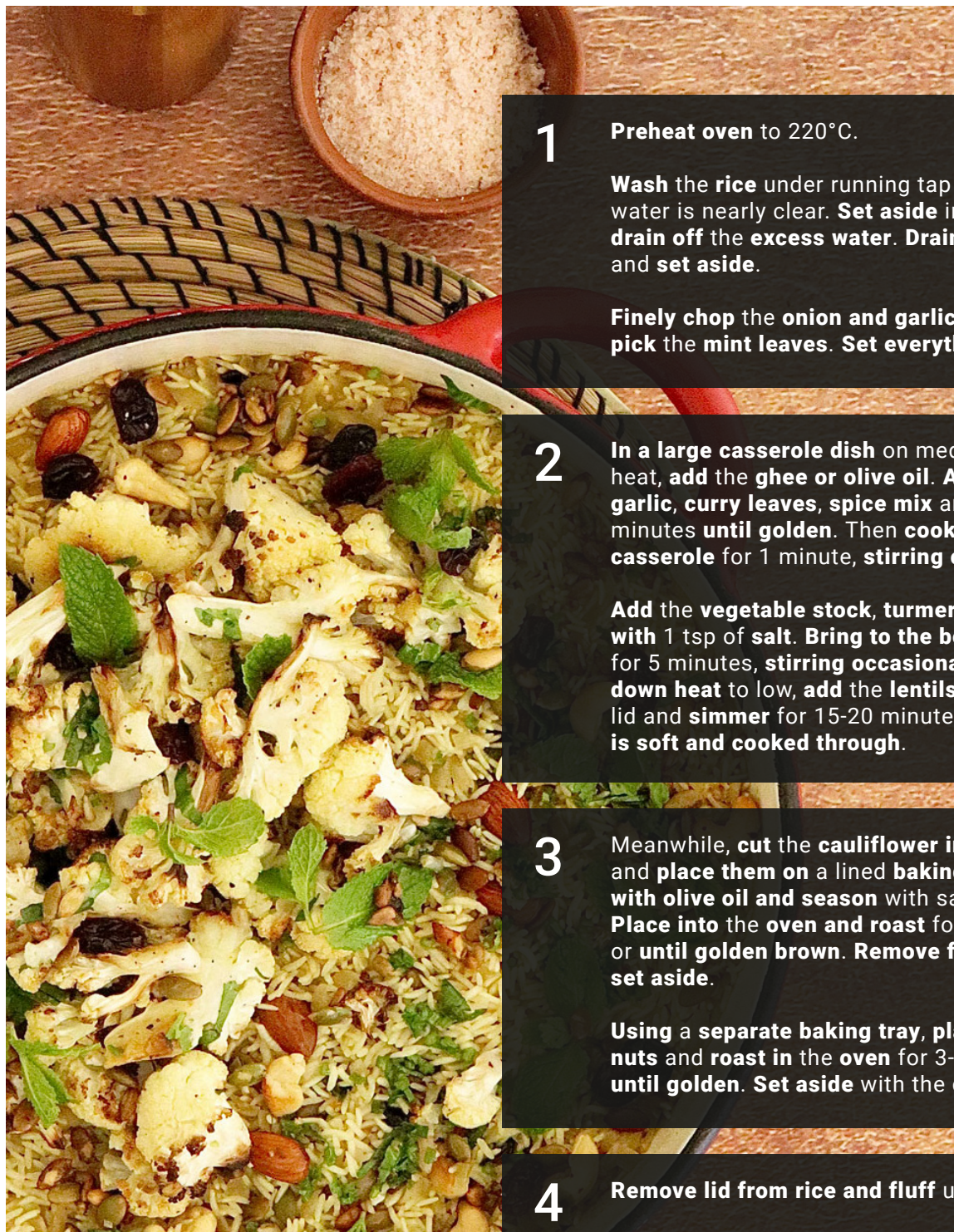
INGREDIENTS:

- > 1 Brown Onion
- > 2 Garlic Cloves
- > 10 Curry Leaves
- > 2 Cups Basmati Rice
- > 400g Lentils
- > 3 Cups Vegetable Stock
- > ½ Cauliflower
- > ¼ Cup Mixed Nuts
- > ½ Bunch Mint

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 2 Tbsp Ghee or Olive Oil
- > 1 tsp All Spice Mix
- > ½ tsp Turmeric
- > Salt and Pepper

METHOD - GET COOKING!



1

Preheat oven to 220°C.

Wash the rice under running tap water until water is nearly clear. **Set aside** in a sieve to **drain off** the **excess water**. **Drain the lentils** and **set aside**.

Finely chop the onion and garlic. **Wash and pick** the mint leaves. **Set everything aside**.

2

In a large casserole dish on medium high heat, **add the ghee or olive oil**. **Add the onion, garlic, curry leaves, spice mix** and **cook** for 3 minutes **until golden**. Then **cook the rice** in the **casserole** for 1 minute, **stirring continuously**.

Add the vegetable stock, turmeric and **season with** 1 tsp of **salt**. **Bring to the boil** and **cook** for 5 minutes, **stirring occasionally**. **Turn down heat** to low, **add the lentils**, **cover** with a lid and **simmer** for 15-20 minutes or **until rice is soft and cooked through**.

3

Meanwhile, **cut the cauliflower into florets** and **place them** on a lined **baking tray**. **Drizzle with olive oil** and **season** with salt and pepper. **Place into the oven** and **roast** for 20 minutes or **until golden brown**. **Remove from oven** and **set aside**.

Using a separate baking tray, **place the mixed nuts** and **roast in the oven** for 3-5 minutes **until golden**. **Set aside** with the cauliflower.

4

Remove lid from rice and **fluff** using a fork.

Serve pilau rice with roasted cauliflower, **toasted nuts** and **topped with mint leaves**.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- You can add 1 cinnamon stick, cardamom pods, and cumin seeds while cooking the garlic and onions to add depth and flavour to the rice.
- You can serve the pilau rice with cucumber mint yoghurt.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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