

Based on a recipe by Shubham from 3H 2022

| Equipment: | Ingredients |
|---------------------------|--|
| Knife | 1 tablespoons of olive oil, coconut oil or ghee |
| Cutting board and mat | 1 small onion cut into thin half moons |
| Metric spoons | 1 teaspoon cumin seeds, ground in a mortar & pestle, |
| Mortar and pestle | 1 teaspoon coriander seeds, ground in a mortar & pestle |
| Garlic crusher (optional) | 1 clove garlic |
| Various sized bowls | 1 bunch leafy greens - eg silver beet, Warrigal greens etc |
| Sieve for draining rice | 4 teaspoon salt |
| Saucepan with lid | 150 g basmati rice, pre-washed and soaked |
| Measuring jug | 300 ml boiling water |
| Spatula | Flowers to garnish |
| Serving bowl and spoon | |

Method:

Remember to clean up your workstation as you go

1. **Read the whole recipe**, and discuss between you how you will work well as a team. The Head Chef is the boss.
2. Drain the rice into the sieve over a bowl.
3. Peel and thinly slice the onion into half moons.
4. Using a mortar and pestle, lightly grind the cumin and coriander seeds.
5. Peel and crush the garlic if using fresh cloves. Place into a small dish.
6. Remove the stems from the greens. Compost the stems. Finely shred the leaves and place into a separate bowl.
7. Wash, dry and put away your knives and boards. Wipe down your bench.
8. Warm the oil very gently in a medium-sized saucepan. Sauté (stir-fry) the sliced onion for about a minute. Add the cumin and coriander seeds.
9. Wipe out the mortar and pestle with kitchen paper.
10. Cover frying pan with a lid and cook on a low heat for 5-10 minutes, stirring occasionally, until the onions are very soft but not brown.
11. Add the garlic, and stir for another minute. For an extra couple of points tell your adult that one parsley plant can produce thousands of seeds, and each seed can produce a whole new plant.
12. Add in the basmati rice. Stir to mix well.
13. Pour in the boiling water and the salt. Bring back to the boil. Cover with a lid and turn the heat to low. Continue cooking **with lid on** for 8 minutes or until all the water is absorbed. **Do not lift the lid.**
14. Turn the heat off completely.
15. Add the shredded leaves, then gently mix through with a fork. Put the lid back on. Allow the rice to steam for 5 minutes.
16. Divide evenly into serving dishes. Add garnish and spoon.

