

Vegetable pilau with leafy greens

Based on a recipe by Shubham from 3H, 2022



Equipment:	Ingredients
Metric spoons Mortar and pestle Garlic crusher (optional) Various sized bowls Saucepan with lid Measuring jug Spatula Serving bowl Serving spoon	1 tablespoons of oil 1 small onion 1 teaspoon each of cumin seeds and coriander seeds 1 clove garlic 1 bunch leafy greens - eg silver beet, Warrigal greens etc 150 g basmati rice 300 ml boiling water 1/2 tsp salt Flowers to garnish
	(Salt and pepper served separately at the table)



Method:

Remember to clean up your workstation as you go

1. Peel and thinly slice the onion into half moons.
2. Using a mortar and pestle, lightly grind the cumin and coriander seeds.
3. Crush garlic and place into a small dish.
4. Remove the stems from the greens. Compost the stems.
5. Finely shred the leaves. Place into a bowl.
6. Wash, dry and put away your knives and boards. Wipe down your bench.
7. 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. Stir for 5 seconds only, then cover the pan with the lid.



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8. Cook on a low heat for 5 minutes, stirring occasionally, until the onions are very soft but not brown.
9. Add the garlic, and stir for 30 seconds.
10. Add in the basmati rice and the salt. Stir to mix well.
11. Pour in the boiling water. Bring back to the boil. Cover with a lid and turn the heat to low. Continue cooking for 8 minutes or until all the water is absorbed. **Keep the lid on.**
12. Wipe out the mortar and pestle with kitchen paper.
13. Turn the heat off completely (take the saucepan off the burner if you are using electric). Add the shredded leaves, then gently mix through with a fork. Put the lid back on. Allow the rice to steam for 5 minutes.
14. Serve into serving dish. Add garnish and spoon.

