



# 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.

