Rice Pilaf with leeks



2 cloves garlic, minced

4 Tbsp. olive oil

2 medium leek, pale and green part only, halved lengthwise, washed and thinly sliced

4 cups long grain white rice

2 tsp. dried or fresh tarragon (finely chopped)

1.75 litres chicken or vegetable stock

Salt and white pepper to taste

2 Tbsp. chopped fresh parsley

**Method:**

1. Prepare all vegetables, herbs and other ingredients, etc.
2. Place oil in a pot over medium heat. Add the leek and garlic and cook until tender, about 6 to 7 minutes.
3. Mix in the rice and tarragon. Add the stock and increase the heat, bring to a boil.
4. Once it boils, cover, and turn the heat to its lowest setting. Cook 15 minutes, or until the rice is tender. Mix in the chopped parsley and serve.