garlic rice

Equipment:
heavy based saucepan with lid, measuring cup and spoon, wooden stirrer, knife, chopping board, diffuser, salad spinner

Ingredients:
2 TBLSPNS olive oil
4 cloves garlic
1 cup long-grained rice
2 cups water
1 tspn stock powder
1 sprig parsley
½ tspn salt

method:
Peel and thinly slice garlic.
  Heat oil in saucepan over a medium heat.
  Cook garlic for 1 minute, stirring.
  Add rice and cook, stirring for about 4 minutes, until grains are a little translucent (clear).
  Add water, salt and stock powder. Stir.
  Put on the lid, bring to a boil over a high heat, then turn heat to very low, put a diffuser underneath and cook undisturbed for 20 mins.
  Wash, dry and chop parsley.
  Taste for seasoning.
  Fluff rice with a fork, sprinkle with parsley and serve.