

garlic & greens 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
2 leaves bitter lettuce (or silverbeet)
1 sprig parsley
½ tspn salt

method:

Peel and thinly slice garlic.

Wash bitter lettuce leaves, spin dry and chop very finely.

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 through lettuce leaves.

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.