

# 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.