

Green tomato rice

Equipment:

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

Ingredients:

2 TBLSPNS olive oil
3 spring onions
1 small brown onion
400gms green tomatoes
1 chilli
2 cloves garlic
2 cups long-grained rice
4 cups water (or a knuckle above the rice!)
½ tspn stock powder
1 sprig thyme
small glug of tabasco, optional
salt & freshly ground pepper to taste
extra thyme for serving

method

Wash vegies & herbs.
Peel onions and dice.
Slice roots off spring onions and finely chop using ALL of the green and white.
If the chillies are too hot, discard seeds.
Peel and chop garlic.
Dice green tomatoes.
Take thyme leaves off stalks.
Heat oil and cook both onions for a few minutes, stirring.
Add green tomatoes and stir. Stir in chilli and garlic and cook for a couple of minutes.
Add rice and cook, stirring, until grains look shiny.
Add water, stock powder, thyme, tabasco, pepper and salt.
Stir.

Bring to a boil over a moderate heat, then turn heat to very low, cover pan, put a diffuser underneath and cook undisturbed for 20 mins.

If desired you can stir in ½ cup parmesan cheese.

Taste for seasoning.

Spoon into serving bowls and sprinkle with thyme.