



Rice Pilaf

WITH VEGETABLES,
FRUITS & NUTS (Serves 4)



INGREDIENTS

2 cups of rice

I like to use Basmati but, you can use whatever rice you have.

4 cups chicken stock

This can be from stock cubes or a concentrate.

15-ounce can of assorted canned vegetables

You can use a mixture of vegetables (peas, corn, and carrots), beans (black beans), and pulses (chickpeas and lentils).

½ cup dry toasted almonds

1 cup dried fruits

You can use figs, apricots, etc.

1 white onion, finely chopped

1 teaspoon cumin powder

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon cayenne powder

1 teaspoon kosher salt

1 teaspoon ground black pepper

½ cup canned French fried onions

½ cup fresh parsley, finely chopped

3 tablespoons vegetable oil

METHOD

1. Pre-cook the rice according to instructions using the chicken stock.
2. Allow the rice to cool.
3. In a separate pan, bring the cooking oil to a medium temperature.
4. Add the chopped fresh onions.
5. Season with a little salt and pepper, and allow to cook for 3 to 4 minutes.
6. Add the cumin, garlic, onion, and cayenne powders along with the salt and pepper.
7. Combine well with the onions, and cook for 2 minutes.
8. Add half of the dried fruits and half of the toasted almonds. Toss them in the spices and onions.
9. Add the cooked rice to the pan, and combine well with the fruit and spice mix.
10. Add the assorted vegetables and pulses you have chosen, and gently fold them into the rice.
11. Cover the pan, and warm the contents through for 5 minutes. Remember, everything in the pan is cooked already, so it just needs to warm through.
12. When ready to serve, gently mix through the fresh parsley.
13. Place the rice on a large platter and sprinkle the surface with the remaining fruits, nuts, and the ½ cup of fried onions.



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