



### Product Spotlight: Almonds

Despite being referred to as nuts, almonds are actually seeds of the fruit of the almond tree! They are great for adding flavour, texture and nutrition to dishes!



## Herby Greek Rice Pilaf with Grilled Vegetables

Fragrant basmati rice, cooked into a delicious Greek-style pilaf with lemon and parsley, served with grilled vegetables, topped with almonds and dried apricots.



30 minutes



4 servings



Plant-Based

### Bulk it up!

*Want to bulk up this dish? Add drained chickpeas, olives, or sun-dried tomatoes to the pilaf, or top with crispy chickpeas and grilled mushrooms.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	9g	86g

## FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVES	2
LEMON	1
ZUCCHINI	1
RED CAPSICUM	1
CHERRY TOMATOES	2 x 200g
LEBANESE CUCUMBERS	2
BASMATI RICE	300g
PARSLEY	1 packet
ALMOND & APRICOT MIX	120g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, stock cube of choice

## KEY UTENSILS

large frypan, griddle pan

## NOTES

Cook zucchini and capsicum in a regular frypan, on a BBQ or in the oven if desired.

Wedge remaining lemon to serve or slice and add to pilaf.



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### 1. PREPARE THE INGREDIENTS

Dice **onion**, crush **garlic** and zest **lemon** (reserve remaining lemon for step 5). Set aside for step 2.

Slice **zucchini** and **capsicum** for step 3. Halve or quarter **tomatoes** and dice **cucumbers**.



### 4. COOK THE VEGGIES

Heat a griddle pan (see notes) over medium-high heat with **oil**. Add zucchini and capsicum. Cook for 4-6 minutes, turning, until lightly charred and tender. Remove and season to taste with **salt and pepper**.



### 2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Add onion, crushed garlic and lemon zest and sauté for 3 minutes. Add **rice** and toast for 1 minute.



### 3. SIMMER THE RICE

Add **crumbled stock cube**, **1 tbsp oregano** and **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes until rice is tender.



### 5. SEASON THE RICE PILAF

Finely chop **parsley** (including tender stems). Add to pilaf along with juice from 1/2 lemon (see notes). Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Roughly chop **almonds** and **apricots** as desired.

Serve rice pilaf tableside. Top with grilled vegetables, almonds and apricots.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

