

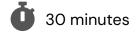


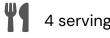


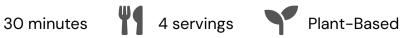
## Herby Greek Rice Pilaf

### 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.







# 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.

TOTAL FAT CARBOHYDRATES

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**.



#### 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 mediumlow heat for 10–15 minutes until rice is tender.



#### 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**.



#### **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.

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