



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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.

**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.*

30 minutes

4/6 servings

Plant-Based

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	11g	7g	88g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
GARLIC CLOVES	2	3
LEMON	1	2
ZUCCHINI	1	2
RED CAPSICUM	1	2
CHERRY TOMATOES	2 x 200g	3 x 200g
LEBANESE CUCUMBERS	2	3
BASMATI RICE	300g	300g + 150g
PARSLEY	1 packet	2 packets
ALMOND & APRICOT MIX	1 tub	2 tubs

## 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.



### 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**.

**6P – add chopped parsley to pilaf with juice from 1 lemon.**

### 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.

**6P – add 1 1/2 crumbled stock cube, 1 1/2 tbsp oregano and 900ml water.**



### 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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

