

KALE AND LEMON RICE PILAF

From our garden: lemons, thyme, kale

NOTES TO STUDENTS and VOLUNTEER:

1. Work as a group to make this recipe.
2. Focus on your knife skills.
3. Pay particular attention to the presentation of your pilaf.

EQUIPMENT

Large saucepan
Chopping board
Large knife
Wooden spoon
Measuring jug
Measuring spoons
Measuring cups
Juicer
Serving bowls and spoons

INGREDIENTS

2 tablespoons olive oil
2 onions
4 cups long grain rice
6 cups vegetable stock
6 tablespoons lemon juice
4 tablespoons thyme
Bunch kale
Cracked black pepper
Sea salt
fresh herbs to garnish

WHAT TO DO

- Peel and finely chop the onion.
- Wash and juice the lemon.
- Wash, dry and remove the leaves from the stems of the thyme.
- Heat the olive oil in saucepan over medium heat.
- Add onions and cook for 2 minutes or until soft but not brown.
- Add rice and stir for 1 minute.
- Add stock and cook for 10 minutes or until tunnels form in the rice and almost all the stock has been absorbed.
- While the rice is cooking wash the kale and roughly chop.
- Add the kale and cook for a further 2 minutes.
- Wash up any utensil and clean workspace while rice is cooking.
- Stir through lemon juice, thyme, salt and freshly ground black pepper.
- Divide into serving bowls. Don't forget a serving spoon.
- Garnish with fresh herbs and serve warm or cold.