



Spinach/Silverbeet Pilaf

INGREDIENTS:

- 2 tbsp olive oil
- 30g butter
- 2 spring onions
- 10 leaves spinach or chard
- 1 large clove garlic
- 300g long grain rice
- 600ml cold water
- 1 tbsp massel stock powder
- Salt to taste
- Extra olive oil to sauté spinach



METHOD:

1. Wash and finely chop the spring onions
2. Wash the spinach and remove the stems from the leaves. Put the stems in the chook bucket
3. Roll up the leaves and shred finely
4. Peel and crush the garlic
5. Place the oil and butter in a large heavy-based pan and over gentle heat melt together
6. Add the spring onions and sauté for approximately 5 minutes with the lid on till soft but not brown
7. Add the crushed garlic and continue to cook until you can smell it
8. Add the rice, mix well and season with 1 tbsp stock powder
9. Pour in 700ml cold water and bring to the boil. Reduce the heat to very low. Cook with lid on for 5 minutes
10. Add spinach. Stir and cook covered 5 minutes more
11. Remove from heat. Do not lift lid and stand covered for 10 minutes
12. Stir and taste. Add salt if necessary