



The Ethnic Communities' Council
Love Food Hate Waste project celebrates
the diversity of food and cultures in NSW

Baked Pilaf Rice

Ingredients

2 cups leftover cooked rice
1 medium onion sliced into crescents
1 clove garlic, crushed
1 teaspoon ground cardamom
½ teaspoon ground turmeric
1 teaspoon fresh grated ginger root
A pinch of chilli powder or cayenne pepper
¼ cup rough chopped almonds
¼ cup dried sultanas (optional)
Zest and juice of 1 lemon
1 tablespoon of ghee, coconut oil or rice bran oil
½ cup fresh chopped coriander or mint

Preparation

Pre heat oven to 200 degrees

Place rough chopped almonds in a baking dish and toast in oven until golden (check regularly). In a frypan heat the oil or ghee and add onions and gently fry until browned then add garlic and spices and fry for a further 1- 2 minutes.

Add rice and sultanas and lemon zest and juice. Stir through toasted nuts and transfer to baking dish, cover with lid or foil and place in oven for 10 to 15 minutes.

If you have left over chicken you can chop it up and throw in with the pilaf or you could add frozen or fresh green peas.

Try substituting cumin for cardamom and adding tinned tuna or throw in some chopped tomatoes, canned or fresh.

Once you have the technique down just get creative. Even the gluggiest rice is delicious with some spices and plenty of fresh herbs.



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