



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.



30 minutes



2 servings



Plant-Based

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.

Per serve: **PROTEIN** 14g **TOTAL FAT** 14g **CARBOHYDRATES** 93g

FROM YOUR BOX

BROWN ONION	1
GARLIC CLOVE	1
LEMON	1
ZUCCHINI	1
RED CAPSICUM	1
CHERRY TOMATOES	200g
LEBANESE CUCUMBER	1
BASMATI RICE	150g
PARSLEY	1 packet
ALMOND & APRICOT MIX	1 tub

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 **cucumber**.



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.



3. SIMMER THE RICE

Add **crumbled stock cube**, **3 tsp oregano** and **300ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes until rice is tender.



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 and fresh **vegetables**, **almonds** and **apricots**.

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