

Kitchen Garden at Collingwood College: 2019

Recipe: Rice Pilaf with our leafy greens, herbs, celery and broccoli.

The “greens” are an assortment of what is available in our garden such as: spinach, rocket, rainbow chard, silver beet and variegated sorrel.

This dish will take 20 mins to cook once the water has been added.

What to collect	What to do
1 x large thick based pot & lid Wooden spoon Measuring cups/jugs/spoons 4 x tblsp olive oil	Measure the oil into the pot. Set aside.
3 x shallots, cut in ½, peeled & finely sliced 4 x spring onion, root trimmed off, washed & finely sliced 2 x Celery stick-wash, slice finely 2 x garlic clove, skin off & chopped finely 2 x cup long grain rice	Prepare all the aromatics (onions/celery/garlic). Gently heat the oil in the pot to a medium temperature. Add garlic, celery, onion and spring onions and gently sauté for 3 mins. Add the measured rice and keep stirring for 2 minutes.
3 x cup cold water Salt flakes / ground pepper	Add measured water to the rice mix and salt/pepper. Bring rice mix to a gentle boil over medium heat & then turn flame to its lowest setting. Stir the ingredients quickly and <u>Cover pot with a lid</u> . Do not stir again at this stage. Slowly and gently cook rice mix 15-20 minutes or until all water has been absorbed into the rice.
1-2 head broccoli, washed & cut into small florets 10 x small leaves (silver-beet, chard, spinach, sorrel) washed/dried and chiffonnade (fine slices) Herbs: parsley, thyme, oregano, pick, wash/spin/chop Lettuce spinner	Prepare all the broccoli & washed leafy greens—set aside. Pick, wash and spin dry the herbs. Chop finely. Set aside until needed. Once all liquid in the pot has evaporated, gently stir & lift the rice with a wooden spoon. Add sliced leafy greens, broccoli, juice and zest of 1 lemon. Put lid

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1 lemon-zest/ juice

back on and leave to wilt for 2 minutes. Gently stir the rice.

3 serving bowls & spoons
Calendula flowers-washed

Taste your rice and adjust salt/pepper if needed before serving. Serve and garnish with calendula flowers.