



# Herb Pilaf

Source – [taste.com.au](http://taste.com.au)

**Harvest** – onion, garlic, parsley, chives, lemon

**Vocab Words** – Basmati, dry-fry, fragrant, microplane, rind

**Skills** – chop, make stock, zest, dry-fry, boil

## Equipment:

- Metric measuring millilitres and spoons
- Measuring scales
- Chopping boards and grips
- Blue scraps bowls
- Knives
- 2 medium saucepans, one with a lid
- Small frying pan
- 2 wooden spoons
- Microplane
- Serving Items – bowls and spoons

## Ingredients:

- 2 tablespoons **olive oil**
- 1 **brown onion**, finely chopped
- 2 **garlic cloves**, finely chopped
- 2 cups **Basmati rice**
- 3 ½ cups **vegetable stock**
- ½ cup finely chopped fresh flat-leaf **parsley leaves**
- 2 tablespoons finely chopped fresh **chives**
- 1 **lemon**, zested
- ½ cup **sunflower seeds**

## What to do:

1. Wash all garden ingredients and prepare all ingredients based on instructions in the 'Ingredients' list.
2. Place the vegetable stock in a saucepan and bring to the boil.
3. Meanwhile, heat oil in a medium saucepan over medium heat. Cook onion and garlic, stirring, for 3-4 minutes or until onion has softened.
4. Add rice and stir to coat.
5. Add vegetable stock, turn heat up high and bring to the boil.
6. Reduce heat to low and cover with a lid. Cook for 12 to 15 minutes or until rice is tender.
7. While the rice is cooking heat a small frying pan with no oil and dry-fry with sunflower seeds until they are lightly golden and fragrant.
8. Once rice is cooked add parsley, chives, lemon rind and **sunflower seeds**. Stir to combine. Serve.

## Notes: