VEGETABLE PILAF.

INGREDIENTS.

2 cups of rice 4 cups of stock

Knob of butter 1 tblspn of olive oil

1 onion (diced fine) 1 clove of garlic minced.

2 sticks of celery (diced fine) 1 carrot (diced fine)

6 silver beet leaves finely chopped 4 kale leaves finely chopped.

1 corn cob kernels removed 2 leeks finely chopped.

Small bunch of parsley chopped. 2 tblspns of parmesan (grated)

METHOD.

Chop all of the vegetables and set aside. Keep the celery separate.

Put the nob of butter and oil into a sauce pan and set it over a low to med heat.

When the butter starts to sizzle, fry the onion, leek and garlic gently. Do not brown the onions.

Add the other vegetables tossing in the oil.

Add the rice and cover with the oil and gently cook until it is transluscent.

Pour the stock over the rice and mix through.

Turn the gas down low.

Put a piece of foil over the top of the rice, put the lid on and cook very gently for 25 – 45 mins. Stir the celery through and let stand for 5 mins. Serve topped with some chopped parsley and grated parmesan cheese.