

Chard, Broadbean & Lemon Pilaf

Bialik College Kitchen Garden Program



Ingredients:

- 1 onion, finely diced
- 1 teaspoon fresh ginger, finely grated
- ½ teaspoon cumin
- ½ teaspoon coriander
- ½ teaspoon turmeric
- ½ teaspoon paprika
- ½ bunch chard, stems removed, leaves shredded
- 300g broadbeans, podded
- 2 cups rice, rinsed & drained
- 4 cups vegetable stock
- zest of ½ lemon

Equipment:

- saucepan x 2
- chopping board
- knife
- metric measuring spoons/cups
- zester

Method:

1. Bring a saucepan of salted water to the boil and cook broadbeans for 3 minutes.
2. Drain and refresh under cold water. Pod the broadbeans a second time. Set aside.
3. Heat a little olive oil in a pan and add onion and cook, stirring occasionally until onions are soft and translucent. Add the ginger, cumin, coriander, turmeric & paprika. Stir for a minute.
4. Add rice and stock and bring to the boil. Reduce heat to low, cover and simmer for about 15 minutes or until liquid has evaporated and rice is cooked.
5. Stir through chard until just wilted and add the broadbeans and lemon zest. Season with salt & pepper.
6. A nice addition would be some crumbled feta and or toasted seeds.

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