

Middle Eastern Roasted Vegetable Rice

Bialik College Kitchen Garden Program



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Ingredients:

- ☐ 2 cups basmati rice, rinsed and soaked in cold water for 30 minutes to 1 hour.
- ☐ ¼ cup + 2 tablespoons olive oil
- ☐ 2 eggplant, diced into 2 or 3cm cubes
- ☐ 2 carrots, diced into small pieces
- ☐ 1 can of chickpeas, rinsed and drained
- ☐ 4 spring onions, thinly sliced
- ☐ 1 ½ teaspoons salt, divided
- ☐ 2 ½ teaspoons turmeric
- ☐ ½ teaspoon cumin
- ☐ Black pepper, to taste
- ☐ ½ cup parsley, chopped
- ☐ ¼ cup seeds, toasted

Equipment:

- ☐ Metric measuring cups and spoons
- ☐ Chopping board
- ☐ Cook's knife
- ☐ Large pot
- ☐ Large colander
- ☐ Wooden spoon
- ☐ Baking tray
- ☐ Baking paper
- ☐ Large mixing bowl
- ☐ fork

Method:

1. Preheat oven to 200C.
2. Bring 2 cups of water to the boil in a large saucepan. Drain the rice in a colander and rinse with cold water. Pour in the rice and 1 teaspoon salt. Stir and then bring the water back to the boil. Let the mixture simmer uncovered on medium heat for 5-8 minutes, or until water fully absorbs. Stir rice periodically during cooking, and make sure your rice does not begin to stick the bottom of the pot.
3. While rice is cooking, line a baking tray with baking paper and spread out the eggplant cubes and diced carrots onto the baking paper. Spray vegetables with olive oil spray and sprinkle with ½ teaspoon salt. Toss the vegetables to ensure they are coated evenly in oil and salt.
4. Roast vegetables for 10 minutes. Stir the vegetables with a wooden spoon, then continue to roast for 15-20 minutes until tender and some pieces are caramelizing. Remove from the oven and allow to cool.
5. When the liquid has been absorbed by the rice, pour the rice into a colander and rinse with lukewarm water, then drain (this removes excess starch and make rice extra fluffy). Rinse, dry and return

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6. Tip rice into a large mixing bowl and add turmeric, cumin, black pepper, freshly chopped parsley, spring onions, chickpeas, roasted diced vegetables and seeds. Carefully stir the ingredients together, making sure spices, vegetables and herbs are well mixed throughout the rice.
7. Pour $\frac{1}{4}$ cup olive oil in the bottom of the pot on the stovetop and turn heat to medium. Let the olive oil heat up. Carefully scoop the rice with vegetables into the pot – it should sizzle. Continue to mound the rice into the pot, forming a pyramid- shaped mould in the middle of the pot. Make a hole in the centre of the rice mound with the handle of a wooden spoon, pushing it almost to the bottom of the pot.
8. ***Adult to complete this step*** Tie a thin kitchen towel over the lid of the pot, being careful not to let the towel get close to the heat source. Place the lid back on the pot so it tightly seals the pot. Reduce the heat to low and cook for a further 15-20 minutes.
9. Fluff rice with a fork and serve hot. Some crispy bits of rice will form at the bottom of the pan – they're delicious and add texture to your rice dish!