



Moroccan Brown Rice and Veggie

Pilaf with Apricots and Pistachios



40-50min



2 Portions

The Moroccans do the fruit-and-nut combo so well and this easy savoury dish is no exception. We've opted to fill this spiced pilaf with vegetables and use brown rice to keep it healthy and nutritious. The dried apricots here add sweetness, while the lovely toasted pistachios add a wonderful textural crunch.

What we send

- pistachios ¹⁵
- spice mix
- dried apricots
- celery, coriander, 2 garlic cloves
- carrot
- green beans
- brown rice
- onion
- vegetable stock concentrate

What you'll require

- olive oil
- salt and pepper

Utensils

- large saucepan
- large sieve
- small frypan
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 695.0kcal, Fat 19.3g, Proteins 20.1g, Carbs 100.6g



1. Prepare pilaf

Finely chop the **onion, garlic** and **carrot**.



2. Start cooking

Heat 1 tbs **oil** in a large saucepan and cook the **onion, garlic, carrot, spice mix** and a little **pepper** over medium heat for 5 mins or until softened.



3. Add rice

Meanwhile, wash the **rice** under cold water, drain well and shake dry. Add to the pan and stir for 30 secs or until well combined. Add the **vegetable stock concentrate** and 625ml (2½ cups) water and bring to the boil. Cover and simmer over low heat for 30 mins.



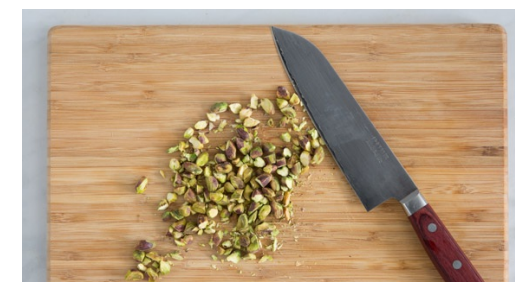
4. Prepare vegetables

Meanwhile, trim the **green beans** and cut in half. Trim and thinly slice the **celery**. Finely chop the **coriander** (including roots and stems). Thinly slice the **dried apricots**.



5. Finish pilaf

Add the **celery, apricots** and **green beans** to the **rice**. Cover and cook for a further 5 mins. Remove from heat and stand, covered, for 5 mins.



6. Get ready to serve

Meanwhile, place the **pistachio** in a small frypan over medium heat. Cook, stirring, for 3-4 mins until lightly browned. Set aside to cool, then coarsely chop. Stir the **coriander** into the **rice** and spoon into bowls. Serve topped with the nuts.