

Printfid00332hero vegetablepilaf 237 badge

Vegetable Pilaf

with Hard Boiled Eggs



20-30min



4 Portions

This hearty salad is a brilliant meat-free main, with beautifully-balanced flavour and texture, including tasty protein-rich eggs and crunchy toasted almonds. Served with creamy yoghurt and tangy chutney, it's a simple and delicious meal the whole family will love.

What we send

- spice mix
- onion
- 1 garlic clove, ginger and coriander ⁷
- greek-style yoghurt ⁷
- mango chutney
- slivered almonds ¹⁵
- green peas
- green beans
- vegetable stock concentrate
- basmati rice
- cauliflower

What you'll require

- eggs ³
- olive oil
- salt and pepper

Utensils

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

Cooking tip

If your family like quite fragrant food, add all of the spice mix.

Allergens

Egg (3), Milk (7), Tree Nuts (15). May contain traces of other allergens.

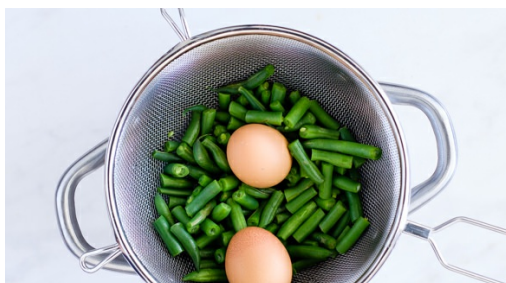
Nutrition per serving

Energy 595.0kcal, Fat 14.4g, Proteins 20.8g, Carbs 86.2g



1. Prepare ingredients

Halve and thinly slice the **onion**. Crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Remove **cauliflower** stalk and chop head into small florets. Rinse the **rice** well. Combine the **vegetable stock concentrate** and 560ml (2¼ cups) water in a jug. Bring a medium saucepan of water to the boil for the eggs and beans.



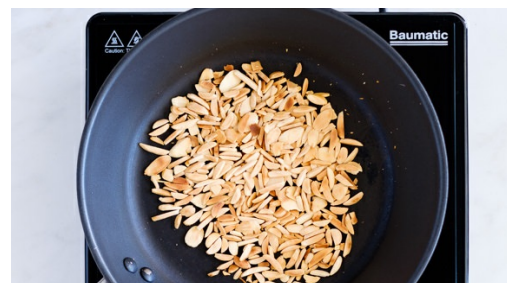
4. Cook eggs and beans

Meanwhile, trim ends of **beans** and cut into 2cm pieces. Cook **2 eggs** in the pan of boiling water for 7 mins, adding the beans for the final 2 mins of cooking time. Drain and run eggs under cold water.



2. Start pilaf

Heat 1 tbs **oil** in a large saucepan over medium heat. Cook the **onion, garlic** and **ginger** for 3-4 mins. Add 2 tsp of **spice mix** (see cooking tip) and cook for 1 min.



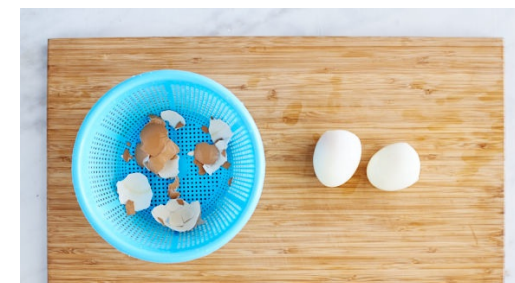
5. Toast almonds

Remove the **rice** from the heat. Add **peas** to rice, without stirring through, and stand covered for at least 5 mins. Meanwhile, toast the **almonds** in a small frypan for 2-3 mins over medium heat.



3. Add rice

Add the **rice, stock** and **cauliflower** to the onion mixture and bring to a simmer over medium heat. Cover the pan, reduce heat to low and cook for 12-15 mins until rice is tender and stock has been absorbed (do not remove the lid during this time).



6. Get ready to serve

Peel the **eggs** and cut into thin wedges. Pick **coriander** sprigs (discard stems). Add the **beans** and most of coriander to the **pilaf** and stir gently to combine. Season with **sea salt and pepper** to taste. Divide between plates and top with egg and remaining coriander. Sprinkle with **almonds** and serve with **chutney** and **yoghurt**.