



# BROWN RICE

## *Pilaf*

## Ingredients:

- 1 small sweet potato, chopped coarsely
- olive oil spray
- 1½ cups vegetable stock
- 1 tsp olive oil
- 1 small brown onion, finely chopped
- 1 clove garlic, crushed
- 1 trimmed celery stalk, finely chopped
- ¾ cup brown rice
- 1 Tbsp grated lemon rind
- ¼ cup loosely packed flat-leaf parsley leaves

## Method:

Preheat oven to 180°C or 160°C fan-forced

Place sweet potato on lightly oiled oven tray, spray with oil and roast uncovered for 25 minutes until tender.

Bring stock to the boil in a small saucepan, reduce and simmer uncovered.

Heat oil in a medium saucepan: cook onion, garlic and celery until soft.

Add mushroom and rice: cook, stirring every 2 minutes. Add stock, reduce heat, simmer, covered for about 50 minutes or until stock is absorbed and rice is tender.

Stir in sweet potato, rind, and parsley.