

Vegetable Pilaff

(serves 4)

Ingredients: -

350g/12oz - long-grain rice

900ml/1½ pints – water

50g/2oz - low fat spread

1 - onion, finely chopped

2 - tomatoes, peeled and chopped

1 - red pepper, pith and seeds removed and finely chopped

2 - celery stalks, finely chopped

125g/4oz - broccoli, chopped

125g/4oz - mushrooms, finely chopped

¼ tsp - cayenne pepper

Salt to taste

Method: -

Put the rice in a saucepan with the water and 1 teaspoon salt.

Bring to the boil, then cover and simmer for 15 to 20 minutes or until the rice is tender and all the liquid has been absorbed.

Remove from the heat.



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Set aside and keep hot.

Melt the low fat spread in a frying-pan.

Add the onion and fry until it is soft but not brown.

Stir in the tomatoes, red pepper, celery and broccoli and cook, stirring

frequently for 10 minutes or until the vegetables begin to soften.

Stir in the mushrooms and cook for a further 3 minutes.

Season with the cayenne and salt to taste.

Add the rice and stir well.

Cook for 10 minutes to reheat the rice thoroughly.
