



WELCOME TO EAT WELL SPEND LESS

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@caudwellchildren and @feasteduk with the hashtag #EatWellSpendLess

Lets get started, you just need a few bowls, spoons, a pan or 2.



Recipe: Courgette and pea Pilaf

Ingredients:

- 1 onion
- Garlic 2 cloves
- 300g long grain rice
- 1 vegetable stock cube
- zest and juice of 1 lemon
- 100g peas
- Thyme sprig
- 1 courgette diced
- 1 Carrot chopped

Optional Ingredients

- 2 tblsp crème fraiche (optional)
- 30g parmesan (optional)

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Method:

Begin by preparing the vegetables. This is a great oppourtunity to practice your knife skills. Peel and chop onion, carrot, courgette and garlic.

1. Put a tblsp of oil into a sauce pan. Add the onion and fry gently until softened for about 5 mins, then add the garlic and carrot and stir for 1 min. Stir in the rice to coat it in the onions, carrot and garlic for 1-2 mins.
2. Dissolve the stock cube in 1 litre of boiling water, then add a ladle of the stock to the rice, along with the lemon juice and thyme. Bubble over a medium heat, stirring constantly. When almost all the liquid has been absorbed, add another ladle of stock and keep stirring. Tip in the courgette and peas then keep adding the stock, stirring every now and then until the rice is just tender and creamy.
3. To serve, stir in some seasoning, the lemon zest, Parmesan and crème fraîche.

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