



Recipe of the week

Spiced Pilaf with meatballs and baby spinach



Serves: 4 **Cook:** 40 min

Ingredients

- 2 teaspoons olive oil
 - 1 medium onion, finely chopped
 - 1 celery stalk, diced
 - 1 large carrot, peeled, diced
 - 2 garlic cloves, crushed
 - 2 teaspoons curry powder
 - 1 cup basmati rice
 - 1 cup reduced-salt vegetable stock
 - 1 1/2 cups frozen peas, thawed
 - reserved thawed, cooked meatballs from Tuesday's Meatballs in tomato and eggplant sauce with couscous recipe (*see Tip)
 - 100g baby spinach
 - 2 tablespoons currants
- 2 tablespoons flat-leaf parsley leaves, to garnish

Method

1. Set a large saucepan (that has a lid) over medium heat. Add olive oil; heat. Add onion, celery and carrot to pan; cook, stirring, for 5 minutes, or until onion softens. Add garlic and curry powder to pan; cook, stirring, for 1 more minute, or until fragrant.
2. Add rice to saucepan; stir to coat grains in oil. Add vegetable stock with 1 cup water and bring to the boil. Reduce heat to low. Cover pan and simmer, without stirring, for 12 minutes, or until rice absorbs most of the liquid.
3. Add thawed peas to saucepan with reserved cooked meatballs. Cover pan; simmer for 3 more minutes. Remove covered pan from heat and leave to steam for another 2–3 minutes, or until rice has absorbed all liquid.
4. Fluff rice with a fork. Add baby spinach and currants to rice-meatball mixture in pan; season with black pepper.
5. Divide spiced pilaf among serving plates, garnish with parsley leaves and serve.

Nutritional values per serve

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| Energy 2163kJ | Fat saturated 4.6g |
| Fat Total 12.8g | Carbohydrate sugars 9.9g |
| Carbohydrate Total 59.5g | Dietary Fibre 7.5g |
| Protein 37.5g | Calcium 90mg |
| Sodium 358mg | |

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