

Lemon and Spinach Rice

Season: Winter

Type: Main

Serves: 36 tastings

From the garden: Spinach, lemon & parsley

Class focus: Chopping vegetable & herb.



Equipment:	Ingredients:
Medium saucepan & lid x 1 Wooden spoon x 1 Chopping boards and knives Juicer x 1 Measuring cups Measuring spoons Serving bowl x 5 Serving spoon x 5	2 ½ cups Jasmine/long grain rice 3 ¾ cups water 4 handfuls of spinach (roughly chopped) 2 tablespoons parsley (leaves only, finely chopped) 4 tablespoons olive oil 1 onion (finely chopped) Juice of ½ lemon 1 vegetable stock cube 1 teaspoon salt

What to do:

1. Wash the vegetables and herb.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Heat all the ingredients in a medium saucepan over high heat, put a lid on. **Do not stir the rice while cooking.**
4. Bring rice to the boil, reduce heat and simmer for 17 minutes, or until water is absorbed.
5. Serve into 5 large serving bowls with a serving spoon in each.