

Brown Rice and Wild Black Rice Pilaf with Roasted Almonds and Salsa Verde

Not only is this a delicious dish gluten free but it is also very high in fibre, with lots of different textures.



Pilaf

Ingredients:

1 cup	brown rice
1 cup	wild black rice
1	onion
2	carrots
	celery
1 clove	garlic
	coriander seed, cumin, turmeric, cardamom
1	lemon
2 Tbsp	butter
	olive oil
4 cups	chicken stock
	variety of vegetables, eg cauliflower, zucchini, tomato, broccoli, silverbeet
3	boneless, skinless chicken thighs
Small packet	shaved almonds
To season	salt and pepper

Method

Wash rice until water is clear and leave to drain.

Dice chicken and leave in the fridge.

Prepare mirepoix of vegetables available. Leave carrots, onion and celery separate from the other veg.

Put stock into a pot to come to the boil.

Have large oven dish ready for the pilaf, preferably with a lid or else use foil to cover when cooking.

Brown off your chicken in olive oil, put into your oven dish.

Saute Onion, carrot, celery and garlic and dry spices with olive oil in the same pan as chicken.

When ready, add to chicken in oven dish.

Add rice and your diced vegetables.

Add you stock (this should be at the boil., salt and pepper, and butter. Stir to combine with lid or foil and cook in the oven at 180oC for 35-45 mins.

Salsa Verde

Ingredients:

Mixture of herbs – parsley, mint, chives, rocket

lemon

olive oil

anchovy

salt and pepper

Method

Add herbs and all other ingredients to your blender a bit at a time. You should add just enough oil so the blender can catch and blend the herbs. Taste at the end to adjust the seasoning. You may need more lemon, salt or pepper.

Roast almonds in the oven.

Serve.

Blueberry and Banana Chia Pudding with Yoghurt and Local Honey (serves 6)

A simple, quick and delicious gluten free dessert

Ingredients:

1 1/2 cup	organic coconut cream (can be mixed with milk if desired)
½ cup	chia seeds
1-2 Tbsp	honey or maple syrup
1 tsp	vanilla extract
	frozen blueberries
2	bananas

Method

Put everything in a blender and blend like a smoothie. Poor into a container and set in the fridge for 4 hours.

Serve.

