



TOMATO PILAF

Preparation Time

10 min

Cooking Time

20 minutes

Serves

6

Ingredients:

½ cups medium grain rice
3 ripened vine tomatoes, grated,
skins discarded
2 tbsp butter
1 ½ tsp salt
1 ½ cups water

Preparation:

Wash the rice several times under running cold water, until milky water turns clear. Drain the rice thoroughly.

Grate the tomatoes into a saucepan, add butter, cook on medium heat until tomato is fully cooked. Add salt and 2 cups of cold water, boil on high heat and add the rice.

Cook on medium heat for up to 7 minutes with lid closed. Check after 5 minutes to see if water is almost absorbed.

When water is absorbed, simmer with lid closed for another 5 minutes.

Throughout this process DO NOT stir the rice.

Turn the heat off, place a tea towel on top of the pan and close the lid tightly.

Rest 10 minutes.

Nutritional tip:

Tomatoes are a great source of vitamin C, potassium, folate and vitamin K.

Fight food waste:

Tomatoes of any shape or size make a great pasta sauce, or can be added to chilli, curry, tomato soup or salsa.