

## Pumpkin & Silverbeet Rice

**Season:** Spring

**Type:** Main (Green Group)

**Serves:** 32 tastings

**From the garden:** Silverbeet & pumpkin



**Class focus:** Mincing garlic, finely chopped vegetables

### Equipment:

Large saucepan & lid x 1  
Wooden spoon x 1  
Chopping boards and knives  
Measuring cups  
Measuring spoons  
Serving plate x 1  
Serving bowl x 5  
Serving spoon x 5

### Ingredients:

¼ cup olive oil  
50g butter  
3 silverbeet (stem included, finely chopped)  
1 piece of pumpkin (skin-off, finely chopped)  
4 cloves garlic (minced)  
2 ½ cups jasmine rice  
¼ teaspoon salt  
10 grinds of pepper

3 cups cold tap water  
1 vegetable stock cube  
¾ teaspoon salt  
10 grinds of pepper

### What to do:

1. Wash all the vegetables.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put the **first 8 ingredients** in a large saucepan over high heat, cook until silverbeet and pumpkin are tender, about 5 minutes.
4. Add the **next 4 ingredients**, stir to mix evenly.
5. Bring it to the boil, put the lid on, turn the heat to low.  
**It is important NOT to stir the rice while cooking. Doing so will cause the rice to stick to the saucepan.**
6. Simmer the rice until it is cooked, about 16 minutes. Remove from heat.
7. Serve into 5 large serving bowls with a serving spoon in each.

### For vegan / dairy intolerance option:

Use Nuttelex.

### For gluten free option:

Use vegetable stock powder.