

Portuguese Green Rice (Aroz De Grelos)

Season: Spring

Type: Main

Serves: 28 tastings

From the garden: Broccoli & silverbeet

Class focus: Chopping vegetables & cutting
broccoli into florets



Equipment:

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

Ingredients:

¼ cup olive oil
2 broccoli (cut into small florets)
4 silverbeet (leaves only, finely chopped)
2 cloves garlic (minced)
½ onion (finely chopped)

2 cups medium grain rice
6 cups water
1 vegetable stock cube
1 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. Cook the first 5 ingredients in a large saucepan over medium heat until vegetables are softened, about 5 minutes.
4. Add the last 5 ingredients and mixed evenly.
5. Bring to the boil, turn the heat to low, put the lid on and cook with occasional stirring until rice is cooked through.
6. Remove from heat.
7. Serve into 5 large serving bowls with a serving spoon in each.