

CALORIE CONTROL RECIPES

MAINS

Spicy rice Pilaf with chickpeas – serves 3

3 tsp olive oil
1 medium brown onion, finely diced
150 g button mushrooms, quartered or halved
1 clove garlic, crushed
2/3 cup Basmati rice
1 tsp garam marsala
½ a 300 g can chickpeas, drained
1 bay leaf
1 ½ cups chicken stock
1 Tbsp slivered almonds, roasted

Heat oil in a medium sized frying pan over medium heat. Add onion, cover and cook 3 minutes, stirring occasionally. Add mushrooms and garlic and cook, uncovered, a further 5 minutes, stirring occasionally. Add the rice and spice, stirring to combine until aromatic. Add the chickpeas and bay leaf and pour over stock. Bring to the boil. Reduce heat to very low. Cover with a tight-fitting lid and simmer, without lifting the lid, for at least 12 minutes or until rice is tender and all liquid has been absorbed. Sprinkle with toasted almonds and serve with a salad.

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