

Brazilian Rice

Season: Summer

Type: Brazilian Side Dish

Difficulty: 

Serves: 6

From the garden: Onions, tomatoes



Equipment:	Ingredients:
Knife	¼ cup olive oil
Chopping boards and mats	2 onions – finely chopped
Measuring cups	1 ½ cups rice
Saucepan	3 cups hot stock
Wooden spoon	300g diced tomatoes
	Salt to taste
	¼ cup parsley – finely chopped

Method:

- Heat oil in a saucepan over a medium heat.
- Add the rice and onions and cook, stirring constantly until the grains of rice are well coated with the oil and hot.
- Add the stock, tomatoes and salt. Bring to the boil.
- Reduce heat to very low. Cover and cook until done – about 20 minutes.
- Stir through parsley