

Spicy Rice Filling

(Double quantity)

Equipment:	Ingredients:
Frying pan Metric measuring spoons and cups Wooden spoon Chopping board Small and large knives Tea towel Small bowl Medium saucepan with well-fitting lid Kitchen paper Plate	1/3 cup extra virgin olive oil ½ cup pine nuts 4 stalks dill 6 stalks parsley 1 onion 1 cup long grain rice 1 ½ cups cold water ½ cup currants Salt Black pepper

What to do:

- Fry the pine nuts in 1 tablespoon of oil until golden. Lift out and drain on a sheet of kitchen paper on the plate.
- Wash, dry and finely chop herbs and onion.
- Heat remaining oil in the saucepan and tip in the onion. Saute until the onion has softened.
- Add the rice to the saucepan and stir for 2 minutes.
- Add the water, currants and pine nuts and season with salt and pepper.
- Bring to the boil, stirring once or twice. Turn the heat to low, put on the lid and cook for 15 minutes.
- Stir in the chopped herbs and taste for salt and pepper. Allow to cool before using.