

Garnet Pilaf

Equipment:

Chopping board
Large knife
Pot with steamer
Serving dish

Ingredients:

1 cup brown rice
2 and ½ cups of water
3 large sweet potatoes (about 1.5 lbs)
4 tbsp extra virgin olive oil, divided
2 tbsp smoked paprika, divided
Sea salt + black pepper
1 large yellow onion, diced
1 cup red quinoa, rinsed
2 cups vegetable broth
3 tbsp red wine vinegar
Sprinkle of red chili flakes, if you like some heat
1 bunch fresh chives, chopped (about 1/2 cup).

What to do:

1. Preheat the oven to 220°C
2. Rinse and cook the brown rice. This takes the longest time so start cooking the rice first. Cook the 1 cup of brown rice in 2.5 cups of water. The rice should absorb the water, take care not to burn the rice.
3. Wash then dice the sweet potatoes into 2 cm cubes. Place the cubes into a medium sized bowl, drizzle with 2 tablespoons of olive oil and smoked paprika. Stir the sweet potatoes around until they are evenly coated in paprika and oil.
4. Pile the sweet potato on a large greased baking tray. Spread the sweet potato out in a single layer. Sprinkle with a few grinds of pepper.
5. Roast on the middle rack for 23-25 minutes or until the edges are browned and crisp. Sprinkle salt onto the sweet potato.
6. In a pot, add a drizzle of olive oil and sauté the diced onion until it is just starting to brown. Add the quinoa, a pinch of sea salt, 2 cups of vegetable broth and bring it to a boil. Turn it down to a simmer, cover and cook for about 15-17 minutes or until the liquid is absorbed. Turn off the heat, fluff with a fork and cover it for another few minutes to finish.
7. When both the rice and quinoa are cooked, put them both in a large mixing bowl. Drizzle with the remaining 2 tablespoons of olive oil, and remaining tablespoon of smoked paprika, red wine vinegar, chili flakes if using and toss everything together to mix. Taste for salt and pepper. Top it with the cubes of sweet potatoes and a ton of fresh chives and serve.

*It may not all be piping hot on at the point of serving, and that is ok. I found it tasted best just a tad warmer than room temp.