

Long Grain Brown Rice Pilaf with Toasted Almonds



🕒 45 - 60 Mins



4 shallots, thinly sliced

2 large clove garlic, minced

1 tsp turmeric

1 cup long grain brown rice

2 ¼ cups organic vegetable stock

1 tsp rice mirin

1 tsp shoyu or tamari (soy sauce)

½ cup toasted almonds

¼ cup coriander, minced

1 spring onion, thinly sliced

* 2 Tbsp sweet white miso

* 1 Tbsp tahini

* ½ tsp soy sauce (shoyu or tamari)

* ½ cup spring or filtered water (used sparingly)

* Grated zest and juice of ¼ lemon



Cooking Instructions

- Heat a heavy based pot over medium heat and add ¼ cup of stock. When hot, add shallots, a pinch of salt and sweat (about 5 minutes).
- Add garlic and stir to combine. When fragrant, add turmeric.
- When onions and garlic are a dark yellow from turmeric, add rice and toast for 3 minutes. Add remaining stock. Bring to a boil then reduce to a simmer.
- When rice is finished cooking, about 40 minutes, remove from heat and let sit for 5 minutes, then fluff with a fork.
- Combine rice with the mirin and shoyu. When combined, add almonds, coriander and spring onions.
- Serve hot with a generous topping of the sauce and some fresh greens.

Lemon Tahini and Miso Sauce:

Place all the ingredients marked (*) in a blender, add the water a ¼ cup at a time and blend to a cream.