

Carrot and harissa rice (3 portions; 1h 15min)

Adapted from: <https://www.bbcgoodfood.com/recipes/spiced-carrot-chickpea-almond-pilaf>

For the prep

350-400g carrots
3 large red or white onions

Scrub and roughly grate the carrot, and dice the onions smallish. These are annoying and somewhat fiddly jobs.

For the cook

4 tbsp olive oil

3 tbsp rose harissa
400g brown rice
850ml hot water
2 stock cubes or pots

400g chickpeas
100g sultanas or similar
80g flaked almonds

Heat the oil in a large pot and fry the onions on high heat for 10min. Boil the kettle and make the stock.

Add the carrot, harissa, and rice. Heat through for a couple of minutes, mixing along the way. Pour in the stock, mix well again. Bring to the boil then cover and simmer for 25 minutes.

Drain and rinse the chickpeas, and stir in along with the sultanas. Cover and simmer for another 10 min or until the rice is soft and the liquid is just about all absorbed.

Turn off the heat and leave to sit for 5 min, then dish up and sprinkle with almonds.