



RICE PILAV WITH CURRANTS

Ingredients

*1 cup brown rice
4 cups of good vegetable stock
1/4 cup currants
1/2 red onion, finely diced
1/4 teaspoonb cinnamon
1/4 teaspoon all spice
1/2 teaspoon dried mint
1 tablespoon pinenuts lightly roasted
1 tablespoon olive oil
1 handful fresh mint
juice of a lemon
salt and pepper to taste
1/4 cup Pomegranate seeds
Natural yogurt to serve*

Cook brown rice in vegetable stock until ready. Drain and cool slightly. Put rice into a bowl, add olive oil, spices, herbs, currants and season. Top with fresh mint and pomegranate seeds. Serve as part of a mezze or eat on its own with a green salad or roasted eggplant salad.

