

Mexican Green Rice

Season: Autumn/Winter

Serves: 30 tastes in the classroom
or 8 serves at home

Fresh from the garden: chillies, coriander, garlic, onion, parsley, poblano chillies or green capsicum

Equipment:

metric measuring cups,
spoons and scales
2 clean tea towels
chopping board
cook's knife
food processor
large heavy-based
saucepan with lid
wooden spoon
spatula
fork

Ingredients:

1 large handful of parsley, roughly chopped
1 small handful of coriander, roughly chopped
4 large poblano chillies or 1 green capsicum,
de-seeded and roughly chopped
1 onion, roughly chopped
2 garlic cloves, roughly chopped
2 green chillies, de-seeded and roughly chopped
4½ cups chicken stock
2 tbsp sunflower oil
600 g long-grain white rice
salt, to taste

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place the parsley, coriander, poblano chilli or capsicum, onion, garlic, green chillies and ½ cup of the chicken stock in the food processor. Pulse until smooth.
3. Heat the oil in the saucepan over a high heat.
4. Add the rice and stir to coat all of the grains with oil. Spread the rice out in an even layer and cook until it starts to brown. Stir again and repeat this process so that more of the rice grains are toasted.
5. Scrape the green purée from the food processor into the rice. Cook, stirring, for 1–2 minutes.
6. Add the rest of the chicken stock to the saucepan. ***Bring to the boil**, then reduce the heat to a low simmer and cover the saucepan. Cook on a very low heat for 15 minutes.
7. Remove from the heat and place a clean tea towel underneath the lid. The tea towel will help absorb any excess liquid as the rice continues to cook in its own steam.
8. Let the rice sit for 20 minutes. Fluff with a fork, season with salt, to taste, and serve.

***Adult supervision required.**

