

East West Bake TV Show – Episode 1 RICE WITH WILD GARLIC



RICE WITH WILD GARLIC (Chef Norman) Ep 1

Serves 4-6

Ingredients

- 500g basmati, soaked in cold water for 20 minutes and drained
- 3 tablespoons vegetable oil
- 1 tablespoon butter
- 1 lemon, zested and cut into round slices
- 50g wild garlic leaves
- 125g oyster mushrooms, sliced
- 1.2 litres vegetable stock
- 1 teaspoon salt
- ½ teaspoon ground black pepper

Heat the oil and butter in a large saucepan and sauté wild garlic and mushrooms for 2 minutes until wilted.

Next add the rice and lemon, give a good stir. Add the vegetable stock, salt and pepper and bring to the boil over a medium heat. Lower the heat to simmer for 8 minutes, stirring once or twice. Turn off the heat, cover with cling film or aluminium foil to trap the steam, and set aside for 10 minutes. Ready to serve.

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