

Turmeric-Spiced Mushroom Pilaf

Adapted from: Jacqueline Whitehart

Prep time: 5 minutes

Cook time: 1 hour

Total time: 1 hour 5 minutes

Serves: 2



Ingredients

½ tbsp. pine nuts
1 tsp. EVOO
1 red onion, thinly sliced
1 ½ tsp. turmeric
9 oz. brown mushrooms, sliced
½ cup brown rice, rinsed

1 tsp. raisins
1 ¼ cups vegetable stock
juice from ½ lemon
1 handful of cilantro, chopped
salt and pepper to taste

Instructions

1. Preheat oven to 400°F.
2. Toast the pine nuts in a dry frying pan, remove from heat, and set aside.
3. Heat the olive oil in an ovenproof casserole, add the onion and turmeric, and fry for 3 minutes. Add the mushrooms, and fry for another 2 minutes. Add the rice, raisins, and stock, and stir.
4. Place in the oven. Cook for 45-55 minutes, checking if you need to add a little more water halfway through until the rice is tender.
5. Stir in the toasted pine nuts, lemon juice, cilantro, and a little salt and pepper, then serve and enjoy!