

Broad bean and courgette pilaf



Food Fact:-

Savour the summer until every pod is popped with this delicious broad bean recipe.

This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber, Protein, Phosphorus, Copper and Manganese, and a very good source of Folate.

Preparation time 6 mins

Cooking time 18 mins

Servings: 4 / 5



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Ingredients

1. Put the curry powder, onion, garlic and one tbsp oil in a microwavable bowl, stir, cover and cook on high for 2-3 mins.
 2. Add the stock & beans cook on high for 12-15 minutes or until the rice is tender
 3. Meanwhile, brush the courgettes with the rest of the olive oil, season with freshly ground black pepper then cook under a grill for 2-3 minutes on each side, or until charred and softened. Set aside.
 4. To serve, stir the butter into the pilaf until melted, then spoon into serving bowls and top with the griddled courgette pieces. Garnish with chopped fresh parsley, a squeeze of lemon juice and a dollop of yoghurt.
- 1-2 tsp mild curry powder (to taste)
 - 50ml/2fl oz vegetable oil
 - 1 onion, peeled, finely chopped
 - 2 cloves garlic, peeled, crushed
 - 225g/8oz basmati rice,
 - 200g/7oz broad beans, out of their pods, inner membranes removed
 - 400ml/14fl oz hot vegetable stock
 - 4 courgettes, cut into 3cm/1in rounds
 - freshly ground black pepper
 - 50g/2oz butter

