

mushroom & cashew pilaf

preparation: 12 minutes cooking: 20 minutes serves: 4



1½ cups long grain rice, rinsed
1 cup salted cashews
2 tbs olive oil
5 green onions, thinly sliced
300g button mushrooms, thinly sliced
½ cup currants
1 lemon, rind finely grated and juiced
125g feta, crumbled
½ cup chopped flat-leaf parsley
salt and ground black pepper, to taste

1. Cook rice following the absorption method on the packet.
2. Heat a large non-stick frying pan over medium-high heat. Add cashews and cook, stirring often, for 4 minutes or until golden. Remove and roughly chop. Set aside.
3. Add oil, green onions and mushrooms to pan and cook over medium-high heat, stirring occasionally, for 2-3 minutes until mushrooms are tender. Add currants, lemon rind and juice and cook for 30 seconds.
4. Add rice, cashews and feta to pan and toss gently over low heat until well combined. Stir in parsley and season with salt and pepper. Serve warm or at room temperature with barbecued lamb or seafood.