



# PILAF

Serves 4

Can cost less  
than 90p per portion

## INGREDIENTS

- 500g meat, diced
- 1tbsp oil (a glug)
- One onion, chopped
- One garlic clove, chopped/crushed
- Two or three carrots, chopped
- Large handful peas
- 1.5–2 cups rice
- About 4 cups stock (using 2 stock cubes) depending on rice
- Salt, pepper

## METHOD

1. Fry meat in oil in the pot until cooked through, then remove and set aside
2. Fry onion and garlic for a few minutes before adding the other veg
3. Add rice and meat, stir until combined
4. Add the stock, cover with lid, bring to a boil, then reduce to a simmer
5. Give one stir after 10 mins or so and re-cover
6. Once the water is gone, season with salt and pepper to taste, and serve