

Indian-spiced spinach, currant & pistachio pilaf



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Preparation 15 mins | Cooking 20 mins | Serves 4

- 1 medium brown onion, chopped
 - 1 garlic cloves, finely chopped
 - 4cm piece ginger, peeled and chopped
 - 3 coriander roots*, scrubbed
 - 1 tsp ground cardamom
 - 1 tsp garam masala
 - 2 tbs vegetable oil
 - 1½ cups basmati rice
 - 2¼ cups vegetable stock
 - 1 bunch English spinach, trimmed and roughly chopped
(about 150g trimmed leaves)
 - ⅓ cup currants
 - ⅓ cup pistachio nuts, chopped
 - Lemon wedges, to serve
- Lemon yoghurt:**
- ½ cup Greek-style natural yoghurt
 - 1 tbs lemon juice
 - 1 tsp lemon zest

**Leave about 5cm stem attached to the coriander roots.*

- STEP 1** To make lemon yoghurt, combine all ingredients in a small bowl. Season with salt and pepper. Stir to combine. Chill until ready to serve.
- STEP 2** Place onion, garlic, ginger, coriander roots, cardamom, garam masala and 1 tbs oil in a small food processor. Process until finely chopped.
- STEP 3** Heat remaining 1 tbs oil in a large saucepan over medium heat. Add onion mixture and cook, stirring, for 2-3 minutes or until fragrant. Add rice and cook, stirring, for 1-2 minutes.
- STEP 4** Stir in stock, cover and bring to the boil. Reduce heat and gently simmer for 12-15 minutes or until rice is tender. Stir in spinach, currants and pistachios and cook until spinach just wilts. Serve with lemon yoghurt and lemon wedges.