

SO25



AFGHANI STYLE PILAU RICE

SERVES 4



Hi I'm Shelina Permalloo.

I'm a born and bred Sotonian, owner of Lakaz Maman Mauritian Street Kitchen in Bedford Place, and winner of BBC's Masterchef in 2012.

As Chair of Southampton 2025, I've designed this special menu, inspired by just a few of Southampton's many cultures, for over 9,000 primary school children in the city to enjoy on **Tuesday 15th March**. Winning UK City Of Culture 2025 will bring lots of amazing events for a whole year and huge opportunities for our young people, both now and in the future. So please join us on this journey by following our SO25 social media channels and help us **#makeitSO**

And why not recreate the menu in your own homes, with the complimentary recipe below?

Enjoy! Shelina x

INGREDIENTS

- 200g rice
- 300ml vegetable stock
- 50g grated, carrots
- 20g raisins
- 1 tbsp vegetable oil
- ½ a medium onion (*diced*)
- 1tsp mixed ground spice
- Salt to taste

METHOD

1. Put the oil in a saucepan and fry off the carrots, onions and raisins for a few minutes until the raisins expand.
2. Add in the rice and coat all the grains in the oil.
3. Add the vegetable stock, mixed ground spice & salt.
4. Allow the water to come to a roaring bubble and as soon as the rice bubbles put a tight-fitting lid on and reduce the heat to a low simmer, leave to cook for 15 minutes.
5. Remove from the heat and leave to stand for 10 to 15 minutes.
6. Fluff up the rice using a fork and serve.



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