

**EAT THEM
TO DEFEAT THEM**

TOMATO WEEK

Spine-Tingling Tomato & Spinach Pilaf

A zingy and flavourful pilaf seasoned with cinnamon, ginger and paprika, topped with sweet cherry tomatoes.



HC3S FOOD TO
FLOURISH

In partnership with

Tilda

INGREDIENTS

Serves 4 people Cook time 35 mins

Vegetable oil	2 tsp
Medium sized onion finely chopped	1
Garlic clove	3 sliced
Ginger thumb sized piece, finely chopped	1
Smoked paprika	2 tsp
Cinnamon stick	1
Tilda brown and white rice or 1 cup	100g
Water	2 cups
Vegetable stock made up with water	100g
Baby spinach	200g
Cherry tomatoes	400g
Flat-leaf parsley ½ a small bunch, finely chopped	

METHOD

1. Pour the water and Tilda Brown & White Rice into a pan and cover with a lid. Let that cook for 25 minutes.
2. Now prepare the vegetables.
3. When you have about 10 minutes left for the rice to cook, heat the oil in a large frying pan and fry the onion, garlic, ginger and spinach for 10 minutes until soft.
4. Add in the **spine-tingling** cherry tomatoes, smoked paprika and stir briefly.
5. Once the rice is cooked, stir it into the frying pan along with the cinnamon stick or powder. Pour in the vegetable stock, cover with a lid and cook for 5 minutes.
6. Remove the lid and stir through the parsley, adding a splash of water if the dish looks a little dry.
7. Remove cinnamon stick.
8. Season and eat them to defeat them!

BRING IT ON TOMATOES!

