

Brown Rice with Pumpkin & Kale

Season: Autumn

Type: Main

Serves: 32 tastings

From the garden: Pumpkin & kale



Class focus: Cutting and chopping vegetables

Equipment:

Large saucepan x 1
Large mixing bowl x 1
Small mixing bowl x 1
Colander x 1
Whisk x 1
Wooden spoon x 2
Chopping boards and knives
Measuring cups
Measuring spoons
Baking tray x 1
Baking paper
Serving bowl x 5
Serving spoon x 5

Ingredients:

3 cups brown rice
Hot water from kettle for cooking brown rice
1 teaspoon salt

4 kale leaves (stem removed, finely chopped)

1 pumpkin (skin-on, seeded, cubed – 1cm)
2 tablespoons olive oil
¼ teaspoon salt
10 grinds of pepper

Dressing:

3 tablespoons olive oil
2 tablespoons maple syrup
3 tablespoons balsamic vinegar
1 teaspoon Dijon mustard
¼ teaspoon salt
10 grinds of pepper

What to do:

1. Heat oven to 180C.
2. Wash all the vegetables.
3. Prepare all of the ingredients based on the instructions in the ingredients list.
4. In a large saucepan, cover the brown rice with hot water from the kettle, add salt and boil for 30 minutes.
5. Add kale into the rice and cook for another 1 minute.
6. Drain then place the brown rice and kale back into the saucepan. Set aside.
7. Meanwhile, put pumpkin, olive oil, salt and pepper in a large mixing bowl, toss well.
8. Pour into the lined baking tray, bake in the oven for 20 minutes or until cooked.
9. Whisk together all the ingredients for the dressing in a small bowl.
10. Add roasted pumpkin and dressing onto the rice and kale. Toss well.
11. Serve into 5 large serving bowls with a serving spoon in each.

Interesting terms:

Interesting techniques: Cutting and chopping vegetables