

Lemony mushroom pilaf

Ingredients

- 500ml (250ml) vegetable stock
- 1 onion, thinly sliced
- 300g (150g) mixed (or just button) mushrooms, sliced
- 2 (1) garlic cloves, crushed
- 200g (100g) mixed basmati rice and wild rice
- zest and juice 1 lemon
- small bunch snipped chives
- 6 tbsp (3 tbsp) light soft cheese with garlic and herbs



Method

1. Put 2 tbsp of the stock in a non-stick pan, then cook the onion for 5 mins until softened – add a splash more stock if it starts to dry out.
2. Add mushrooms and garlic and cook for 2 mins more.
3. Add the rice and lemon zest and juice, mixing well. Pour in remaining stock and seasoning and bring to the boil.
4. Turn down, cover and simmer for 15-20 mins until rice is tender.
5. Stir through half each of the chives and soft cheese, then serve topped with the remaining chives and soft cheese.

Notes

If you're after a lighter alternative to risotto, this low-fat mushroom pilaf is just the ticket.

kcal

249

fat

4g

saturates

2g

carbs

44g

sugars

4g

fibre

2g

protein

12g

salt

0.62g

Prep: 10 mins

Cook: 30 mins

Serves 4