



Low FODMAP Herb & Vegetable Rice Pilaf

Serves: 4

Prep: 20 minutes

Cook: 50 minutes



Ingredients	Metric	Imperial
2 tbsp olive oil	22 g	0.8 oz
1 tbsp garlic-infused oil	11 g	0.4 oz
½ medium eggplant, finely diced	160 g	5.6 oz
1 small zucchini, finely diced	110 g	3.9 oz
½ red capsicum, finely diced	100 g	3.5 oz
1 tsp turmeric powder	2 g	0.1 oz
3 tsp curry powder	8 g	0.3 oz
2 cups uncooked, white basmati rice	460 g	16.2 oz
2¾ cups Massel's Monash FODMAP certified beef or vegetable stock	689 g	24.3 oz
1½ tsp cracked black pepper	3 g	0.1 oz
⅓ cup chives, finely chopped	20 g	0.7 oz
⅔ cup basil, roughly chopped	20 g	0.7 oz
Salt, to taste		
Lemon juice, to serve		
Greek OR Natural yoghurt (lactose-free if required), to serve		

Method

1. Heat oils in a non-stick heavy-based saucepan with a tightly fitting lid, sauté eggplant, capsicum and zucchini over high heat for about 5 minutes or until they start to brown.
2. Add spices and cook for a couple more minutes. You can also add some chilli if you like.
3. Add rice and briefly sauté, then add boiling stock. Stir constantly for another 10 minutes.
4. Cover with the tightly fitting lid and either bake in a preheated, 180°C/356°F oven (160°C/320°F fan-forced) for 30 minutes OR keep on the stove, reduce the heat to very low and cook for 30 minutes or until water absorbed.
5. Remove from oven or stove and let sit with lid on for 15 minutes.
6. Uncover, cool slightly and stir through basil and chives.
7. Serve with a dollop of yoghurt and a squeeze of lemon.

Hints

- Check curry powder does not contain garlic or onion
- If you do not have a good quality heavy-based pot with a lid, the pilaf might get stuck to your pan. To avoid this, add an extra tablespoon of olive oil before sauteing vegetables and then prepare pilaf to step 4 and transfer to a lightly oiled, deep baking tray. Cover VERY tightly with cooking paper then a double layer of aluminium foil so they are completely sealed and cook as per instructions above.
- Use whatever low FODMAP vegetables you have in the fridge, try leek greens, carrots etc. In addition, herbs and spices can be added according to your taste and imagination! Just remember to always check our Monash App or booklet for serving sizes.

Nutrition Information (per serve)	
Energy	796 Kj / 190 cal
Protein	3.90g
Carbohydrates	30.00g
Sugar	5.20g
Total Fat	6.70g
Saturated Fat	1.40g
Fibre	2.80g