



bit spicy

# Potato & Pea Pilau

This vibrant and delicious pilau rice is perfect on its own as a vegan meal or served with other dishes. Add some egg for extra protein and some mild chillies for an extra zing! **serves 4**

- 250g basmati rice, rinsed 2-3 times
- 2 tbsp vegetable oil
- 1 tbsp/half packet [pilau rice blend](#)
- 150ml ['secret sauce'](#) (or see below)
- 300g cooked potato, diced quite finely
- 200g peas
- 3 hardboiled eggs, chopped (optional)
- small handful fresh coriander, chopped
- 2 medium tomatoes, diced
- 1 medium heat chilli, finely chopped (optional)
- salt and pepper to taste

1. Heat the oil in a large pan and gently fry the spices until fragrant. Add the rice and stir well to coat all the grains.
2. Add the 'secret sauce' and 200 ml water, cover the pan and bring to the boil. Then turn the heat right down and cook on a very low heat for about 10 minutes. All stoves are different so check the rice at this stage.
3. Add a little more water if the rice is dry but not yet cooked, then add the potatoes, peas, tomatoes and optional chilli on top of the rice. Cover again and leave to cook gently again for another 10 minutes. By this time the rice should be cooked, as should the peas; if not, leave a little longer.
4. Stir in the eggs and coriander, season to taste and serve.

## Cook's notes

- If you don't want to use 'secret sauce', then blitz a small onion, a small piece of ginger and a few cloves of garlic in the oil and fry with the spices. Add an extra 100ml water.