

1 hour

Serves 6

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Ingredients:

Pilaf:

- 3 Tbsp (45ml) oil or butter
- 1 onion, chopped
- 1 green pepper, chopped
- 2 Tbsp (30ml) tomato paste
- 1 Tbsp (15ml) each ground cumin and ground coriander
- 1 cup (250ml) bulgur wheat
- ½ cup (125ml) barley
- ½ cup (125ml) brown rice
- 4 cups (1L) vegetable stock
- 2 cups (500ml) cocktail tomatoes, chopped
- 1 can (400g) chickpeas, rinsed and drained
- Salt and milled pepper

Salsa:

- 1 can (410g) corn kernels, drained
- ½ cucumber, cut into small cubes
- 1 red pepper, cubed
- 1 red onion, chopped
- Juice (60ml) and grated peel of 1 lemon or lime
- 1 tsp (5ml) ground cumin
- 2 tsp (10ml) sugar
- 2 Tbsp (30ml) vinegar
- Fresh parsley or coriander, chopped

For serving:

- 1½ cups (375ml) PnP plain double-cream yoghurt
- Juice (60ml) and grated peel of 1 lemon
- Handful fresh coriander, chopped

Method:

1. Heat butter or oil in a medium-sized pot.
2. Add onion and green pepper and fry for 5-8 minutes or until tender.
3. Add tomato paste and spices and fry for another 2 minutes.
4. Add grains and stock and simmer for 30-40 minutes, or until cooked.
5. Stir through chopped tomatoes and chickpeas. Allow to steam with the lid on for about 5 minutes. Season.
6. Char the corn kernels on a hot griddle (or pan-fry in oil or butter until golden-brown).
7. Add corn to other salsa ingredients in a bowl, mix well and season.
8. Combine yoghurt with lemon and coriander in a bowl. Season.
9. Serve lemony yoghurt drizzled over pilaf, with salsa on the side.

COOK'S NOTE: Feed a crowd by bulking up on grains, pulses and vegetables like lentils and canned beans.

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