

## Rice with Tomato, Avacado and Kalamata Olives

4 tablespoons olive oil  
1 small onion, finely chopped  
2 large garlic cloves, crushed  
1 ½ cups basmati rice  
2 cups vegetable stock  
1 ripe tomato, seeded and diced  
2 large green onions, including some green, chopped  
2 tablespoons chopped parsley  
Salt and pepper to taste  
¾ cup pitted kalamata olives  
1 avacado, peeled, pitted, and diced

1. Heat 2 tablespoons of the oil in a saucepan. Add the onion and garlic and cook for 1 minute. Add the uncooked rice and stir for 2 minutes, then add the stock and bring to a boil. Stir the rice, then cover the pan and simmer very gently, without lifting the lid for about 12 minutes, or until the rice is tender. (You can lift the lid at the 12 minute mark to check for tenderness).
2. Meanwhile, heat the remaining oil in a frying pan. Add the tomato, green onions, parsley, and salt and pepper and simmer for 5 minutes. Remove from the heat and stir in the olives and avocado.
3. Fluff up the rice with a fork and carefully stir in the tomato/avocado mixture.

N.B. SERVES 4. DOUBLE RECIPE FOR EIGHT!