



Lemon Fennel Rice With Toasted Seeds

What to collect

Ingredients	Equipment
1 tablespoon butter	saucepan
1 tablespoon olive oil	wooden spoon
1 cup fresh fennel bulb, diced	chopping board
½ onion, diced	zester
½ teaspoon freshly ground pepper	metric measuring cups/spoons
2 cups rice	
4 cups water	
salt, to taste	
1 tablespoon lemon zest	
1 tablespoon fresh, fennel tops, chopped	
¼ cup seeds, toasted	

What to do

1. Saute the diced fennel bulb, onion and black pepper in the butter and olive oil over medium high heat.
2. Add the rice when the onions are translucent. Stir the mixture until the rice is evenly coated with the oil.
3. Add the water and bring it to the boil and then turn to a heat to low. Season with salt. Cover the pot until the rice is tender and the water has been absorbed.
4. Remove pot from the heat and mix through the lemon zest, fennel tops and toasted seeds.