

Chickpea Pilaf

Printed from Chickpea Recipes at <http://www.chickpearecipes.com/>

Ingredients:

2 oz of chickpeas, soaked overnight.

6 oz of long grain rice.

1 medium onion, chopped.

2 tablespoons of butter.

1 pint of chicken stock.

Salt and black pepper, to taste.

Directions:

Drain the chickpeas and cook in fresh water until tender (about 45 minutes). Drain thoroughly.

Wash the rice and soak if necessary.

Soften the onion in the butter.

Stir in the chickpeas and the drained rice.

Pour in the stock, then season with the salt and black pepper; bring the liquid to the boil.

Reduce the heat and cook until almost all the liquid has been absorbed.

Remove the pan from the heat and cover with a dry dish towel, then press the lid down tightly on top.

Leave to steam for about 15-20 minutes.

Fluff gently with a fork.

Serve.