

Well it is in out ?Ingredients Alphabet? anyway.

This rice creation was inspired by a North African Couscous dish. Couscous is Wheat based so we modified the recipe to use Rice. Oh and added a few bits and bobs. OK - OK we didn?t follow the recipe at all! Also while we at the confessions gig, the Kebabs were made with a £1.60 pack of Beef mince as the equivalent weight of Lamb was £3.95 and would have broken our budget?.

Pomegranate and Rice salad ingredients:-

Rice
A Stock cube
2 small Mushrooms
1 Onion, chopped
Cucumber, chopped
1 medium Pomegranate
1 Spring Onion, chopped
1 clove of Garlic, minced
Cumin Seeds
Fresh Mint, chopped
Oil to fry

Method:-

(1) Dry fry the Rice.
(2) Add Oil and fry the Onions, Garlic and Cumin seeds.
(3) Mix the Stock in a pint of boiling water and add to the Rice.
(4) Add the chopped Mushroom.

(5) Bring to the boil and then reduce the heat and simmer until the Rice is tender and all the liquid has been absorbed.
(6) Mix in most of the Pomegranate, Mint, Spring Onion and Cucumber.
(7) Lay the Kebab over the top and garnish with a little more Pomegranate and a sprig of Mint.

Kebabs Ingredients:-

300g Minced Beef
1 tbsp Oil
Cumin powder
Garlic Salt

Method:-

(1) Mix all the ingredients in a bowl.
(2) Form into Kebabs around a skewer.
(3) Fry to brown on all sides.
(4) Place in the oven at 160c for 20 minutes.

This was a really tasty and fresh meal. The mysterious bowl on the side is Tigger the cats? Kebab!