



---

Posted on 17 September 2012

*by ewfood*

## Herbed Brown Rice Pilaf

## Ingredients

3.5oz. cooked brown rice  
olive oil  
1 stalk celery, diced  
2 carrots, diced  
1 onion diced  
Chopped fresh parsley, to taste  
chopped fresh thyme, to taste  
minced rosemary, to taste  
salt and pepper, to season

## Preparation

- 1 Heat the oil and sauté the onion, carrots and celery until tender
- 2 remove from heat and stir in the herbs, season well
- 3 add the rice to the vegetables and fluff with a fork
- 4 serve immediately

## Cooks Note

---