



ARTICHOKE RICE PILAF

RECIPE

serves: 2

preparing and cooking time: one hour

INGREDIENTS

340 g jar marinated artichokes, drained and roughly chopped

1 cup uncooked brown rice

1 tbls extra virgin olive oil

1 cup filtered water

1 cup chicken broth

150 g green beans, ends trimmed

¼ cup Italian parsley (flat-leaf), chopped

½ cup toasted pine nuts

METHOD

Rinse rice very well under running water

In a large pan (with a lid) sauté rice in olive oil over low heat for few minutes

Pour water and chicken broth over rice, bring to boil, cover, reduce heat to low and cook until rice is almost done (approx. 35-40 minutes)

Add green beans and keep cooking for another 5-10 minutes, until rice and beans are cooked for your liking

Fluff with fork, stir in artichokes and parsley and sprinkle with pine nuts

Any leftovers could be served over a bed of bitter leafy greens like rocket, chicory and endive for lunch next day. The bitter substance in these greens aid digestion and detoxing.

Little note: while you are waiting for your delicious pilaf to cook, make a small glass of beetroot juice to increase your nutrient intake. Beetroot has a long history as a powerful medicine for liver disorders, given its stimulating effects on the liver's detoxification process.