

## Rice Pilaf

### Ingredients

1 tbsp butter  
2 tbsp onion, finely chopped  
½ cup long grain rice  
1 cup chicken stock  
1 tbsp parsley, chopped  
Pinch of salt and black pepper

### Method

Preheat the convectionware on the stove top over medium heat and add the butter and onion. Sautee the onion for 1 to 2 minutes, until transparent and soft.

Add the rice to the onion and cook, continuously stirring, for another minute. Stir in the chicken stock, salt, and pepper.

Remove the convectionware from the stove and secure the lid. Place in a preheated 450 degree oven for 18 minutes. Remove from the oven and let sit covered for 5 minutes.

Remove the lid, sprinkle the top with parsley, and fluff the rice with a fork before serving.