



EASY

WIGGLY AROMATIC PILAU RICE

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METHOD

1. Melt butter in a medium pan on the hob then add the onion and cook until soft, but not colored.
2. Add the spices and stir.
3. Tip in the rice and stir briefly, to coat the rice grains with the flavors and then pour in the hot water/stock.
4. Bring to the boil and cover with a tightly fitting lid (or foil). Turn down to a light simmer and leave to cook very gently for 12-15 minutes.
5. Remove from heat and leave to stand, covered, for a further 5-10 minutes.
6. Fork through just before serving, to fluff up the grains of rice. Sprinkle with freshly chopped coriander if desired.

INGREDIENTS (serves 4)

FOR THE PILAU RICE

- 25g Butter (or vegan equivalent)
- 1 Onion, finely diced
- 2 Green cardamom pods
- 4 Cloves
- 1 Cinnamon stick
- 2 Bay leaves
- 100g Basmati rice
- 250ml Hot water or stock
- Fresh coriander (optional)



VARIATIONS

Dry roast a few cumin seeds, coriander seeds and cardamom pods, add 1 tbsp of ground nut oil and cook. Then add rice etc. as above.

NUTRITION INFORMATION

per 100g

| | |
|--------------------|---------------|
| Energy | 463kJ/110kcal |
| Fat | 3.2g |
| of which saturates | 2.4g |
| Carbohydrate | 16g |
| of which sugars | 1.9g |
| Protein | 1.9g |
| Salt | 0g |