



Pilau Rice

Pilau rice is one of my favourite accompaniments when I eat a curry. This recipe is fragrant with a vibrant yellow colour.

It is very simple to prepare and full of mood and health boosting spices such as turmeric, saffron, cloves and cinnamon.

Ingredients:

250g basmati rice, rinsed	½ cinnamon stick
500ml boiling water	½ tsp turmeric powder
1 tbsp coconut oil	½ tsp salt
1 red onion, finely chopped	4 saffron strands
5 green cardamom pods, bruised	
5 cloves	

Method:

Melt the coconut oil in a large pan.

Add the onion and fry on a medium heat for 5 minutes. Toss in the spices and cook for 1 minute.

Pour in 480 ml of boiling water, bring to the boil and add the rice. Cover tightly and simmer gently for 15 minutes.

Drain if necessary and fluff up with a fork before serving with your favourite curry recipe.