

Vegetable Pilau

A popular vegetable rice dish that makes a tasty light supper. You can add baby broad beans instead of peas.

Ingredients

225g / 8oz / 1 cup basmati rice
30ml / 2 tbsp oil
2.5ml / ½ tsp cumin seeds
2 bay leaves
4 green cardamom pods
4 cloves
1 onion, finely chopped
1 carrot, finely diced
50g / 2oz / 1/3 cup frozen peas, thawed
50g / 2oz / 1/3 cup frozen sweetcorn, thawed
25g / 1oz / ¼ cup cashew nuts, lightly fried
1.5ml / ¼ tsp ground cumin
salt

Serves 4-6

Step One

Wash the basmati rice in several changes of cold water. Put into a bowl and cover with water. Leave to soak for 30 minutes.

Step Two

Heat the oil in a large frying pan and fry the cumin seeds for 2 minutes. Add the bay leaves, cardamoms, and cloves and fry for a further 2 minutes.

Step Three

Add the onion and fry for 5 minutes, until softened and lightly browned.

Step Four

Stir in the carrot and cook for 3-4 minutes.

Step Five

Drain the rice thoroughly and add to the pan together with the peas, sweetcorn and cashew nuts. Fry for 4-5 minutes.

Step Six

Add 485ml / 16 fl oz / 2 cups water, the ground cumin, and salt to taste. Bring to the boil, cover, and simmer for about 15 minutes over a low heat until all the water is absorbed. Leave to stand, covered, for 10 minutes, before serving.