



One Pot Vegetable Rice



4 servings



30 minutes

INGREDIENTS

- 1 Mug of basmati rice
- 2 Onions
- 1 Potato
- 1/2 Red chilli
- Frozen mixed vegetables
- 1/4 tsp Tumeric
- 1/4 tsp Garm masala
- 1/4 tsp Ground coriander
- 1 Litre vegetable stock
- Cooking oil

CUCUMBER AND TOMATO RAITA

- 1/2 Cucumber
- Tomato
- Small bunch of fresh mint
- Salt
- Pepper
- Lemon Juice
- Plain yogurt

NOTES

You can switch any of the vegetables, just try to chop them all the same size!

You can enjoy with a flatbread (see previous recipe)

DIRECTIONS

1. Wash the basmati rice, soak and set aside.
2. Peel and finely chop the onions.
3. Put oil in the pan, add the onions and salt. Cook until golden brown.
4. Add all the spices and cook until the oil separates.
5. Add the frozen vegetables, coating and cooking them until the vegetables are defrosted.
6. Drain the rice, and add to the pot.
7. Pour in the vegetable stock and bring to boil.
8. Let the water reduce then simmer at a low heat until the water has evaporated and the rice has cooked.

RAITA

1. Finely chop the cucumber, tomato and mint.
2. Add to the bowl with some plain yogurt, lemon juice, salt and pepper to taste.