

Pilau Rice

This easy pilau rice is super quick and tasty!

Serves 5 adults or 30 tastes

5 m prep

20 m cook

Recipe adapted from
easypeasyfoodie.com



Ingredients

50g butter (you can use ghee or 4 tablespoons of olive oil)
2 large white onions chopped
6cm stick of cinnamon
8 cardamom pods bashed
4 cloves
1 teaspoon ground turmeric
1 teaspoon salt
4 bay leaves
600 g basmati rice
1200 ml boiling water

Equipment

Scales
Measuring spoons
Large saucepan
Wooden spoon
Chopping boards
Measuring jug
Knife
Pestle and mortar

Instructions

1. Melt the butter very gently in a large saucepan.
2. Add the chopped onion, cinnamon, bashed cardamom pods, cloves, turmeric, salt and bay leaves.
3. Cover with a lid and cook on a low heat for 5-10 minutes until the onions are very soft but not brown, stirring occasionally.
4. Add in the basmati rice and stir to coat the rice in the onions and spices.
5. Pour in 1200ml boiling water and bring back to the boil.
6. Cover with a lid and turn the heat right down. Continue cooking for 8 minutes or until all the water is absorbed.
7. Turn the heat off completely but leave the lid on.
8. Allow the rice to steam for 5 minutes.

