

## Basmati and nut pilaff



Maaan, this is a good to know recipe for vegetarians, for hungry and busy vegetarians that don't have the time to cook. It's a good one to have it the next day too! And some days are just like that, you don't want to stress yourself to much, all you wish for is a hot healthy meal and a bath. This is a good to know recipe for that kind of days.

You will need:

- Basmati rice – 100g
- Onion – medium size, chopped
- Garlic – 1 clove smashed
- Carrot – 1/2 coarsley grated
- Oil
- Cumin seeds – 1tsp.
- Coriander seeds – 1/2 lingurita
- Cardamom – a pinch
- Vegetable stock – 1 cup (or water)
- Dafin – 1-2 leafs
- Salt
- Pepper
- Nuts – 75g
- Fresh parsley or coriander

Method:

For a light **basmati** rice rinse the grains before cooking. You can do this either by swilling the rice in cold water and leaving it to soak for 30 minutes in the last rinsing water , or you can just clean it in a sieve under running water.

In a pan fry the **onion**, with the **garlic** and **carrots** for a couple of minutes. Add the **rice** and all the **spices**, and cook for 1-2 minutes, so that the grains are well coated with oil. Add the **stock** or water together with the **bay leaves** and season with **salt and pepper**. Let it boil for 10 minutes (time may be different, check the time on the back of your box). After 10 minutes, remove it from the heat without lifting the lid and leave it like that for 5 minutes. Remove the bay leaves and add the **nuts and chopped parsley**.



Photo: Ionela Stoica