

Lemon Brown Rice

By Tarika Ahuja

Serves 2-3

Ingredients:

- about 3 cups cooked brown basmati rice
- 2.75-3 cups water
- 2-3 tablespoons cold pressed sesame oil or cold pressed coconut oil (if in a warmer climate)
- ½ teaspoon mustard seeds
- 1 teaspoon cumin seeds
- ¼ teaspoon asafoetida
- 1-2 green chilies, slit (optional or to taste)
- 8-10 curry leaves, hard stems removed
- ¼ cup roasted peanuts
- ¼ cup roasted cashews
- 1 large onion, finely chopped
- 2-3 cloves garlic, crushed
- ½ inch ginger, minced
- ½ teaspoon turmeric powder
- juice of 2 lemons or to taste
- salt to taste
- Fresh cilantro/coriander leaves for garnish



Instructions:

1. Rinse and soak the brown rice, overnight or about 4-6 hours.
2. Heat the oil in a large heavy based stainless steel or Le-Creuset pan over medium heat.
3. Add mustard seeds and let them splutter. Then add cumin seeds, asafoetida, green chilies, and curry leaves. Sauté for a minute.
4. Add the chopped onion and garlic with a pinch of salt and sauté for 1-2 minutes.