

FRIED RICE

Serving 4

INGREDIENTS:

500 g Basmati rice
1 big, 1 small carrots
12-15 French beans
½ of a small cauliflower
½ cup green peas (frozen)
fistful cashew nuts
fistful raisins
2 bay leaf
8 cloves
10 cardamom
2 sticks cinnamon
1 black cardamom
salt to taste
1 tsp sugar
2 tbsp oil
2 tbsp clarified butter

PREPARATIONS:

1. Wash and chop the vegetables into very fine pieces.
 2. Wash and soak the basmati rice for 30 mins.
 3. In a pot add water and bring it to boiling. Add little oil, salt, black cardamom. Add the soaked rice.
 4. Cook on high for 10 mins and simmer for couple of minutes. Cover with a lid and drain the water.
 5. Then spread on a plate for the rice to be separated and not sticky.
 6. In a deep frying pan add oil. Fry the cashew nuts and raisins for a couple of minutes and take them out.
 7. In the same oil add the bay leaf, crushed cinnamon, cloves and cardamoms.
 8. Add the vegetables and fry them .
 9. Add the peas and check all the vegetables are ready.
 10. Add the rice and stir well and mix everything.
 11. Add little sugar and clarified butter (ghee) and the fried cashew nut and the raisins.
- Serve hot.