Spiced Indian Rice

Ingredients

* 100g butter
* 2 medium onions, peeled, halved and thinly sliced
* 3 cloves of garlic, crushed
* 4 cardamon pods, bruised
* 4 teaspoons of mustard seeds
* ½ teaspoon dried chilli flakes
* 1 teaspoon of poppy seeds
* 2 cups of basmati rice
* 3 cups of chicken stock
* ¼ teaspoon of ground turmeric
* 400g can of lentils, drained and rinsed
* Fresh coriander leaves to serve.

Method

1. Melt butter in a large sized frying pan over a medium heat.
2. Add onion and garlic and stir until softened.
3. Add cardamom, mustard, chilli and poppy seeds. Cook for 1 minute or until fragrant.
4. Add rice, turmeric and chicken stock. Bring to the boil then simmer, covered on low, stirring occasionally until the liquid is just absorbed (or for around 10 minutes.) Stir through lentils. Season with salt and pepper and set aside for 10 minutes with the lid on. Top with coriander to serve.