



Asian Fragrant Rice (Gomashio)

Serves 2

120g jasmine or short grain rice

200ml water

1 tbsp nigella seed or sesame seed

½ tsp salt

1. Rinse the rice to remove excess starch
2. Place the rice and water in a pot with a tight-fitting lid.
3. Bring to the boil and simmer gently for 12 min.
4. Allow to sit for 10mins in the pan.
5. Stir through the nigella seeds and salt.

