



## **Fragrant Rice**

Serves 2

½ mugful basmati rice either white or brown

½ mugful water

1 bay leaf

1 small cinnamon stick

3 cardamom pods

4 cloves

1 tsp mustard seed

1. Rinse the rice to remove excess starch
2. Place everything into a pot with a tight-fitting lid.
3. Bring to the boil and simmer gently for 10 min for white rice and 20 min for brown rice.
4. Allow to sit for 10mins in the pan. Remove the spices if desired, fluff up with a fork and serve.

