



Fragrant Rice

This takes plain boiled rice to another level, without any more effort.

½ mug basmati rice (100g)

1 cinnamon stick

1 bay leaf

½ tsp mustard seed

2 cardamom pods

Pinch of turmeric

½ mugful water or vegetable stock



1. Rinse the rice in a sieve under cold running water. Allow to drain for a few minutes.
2. Put the rice, water and spices in a pan with the water.
3. Bring to the boil, cover with a tight fitting lid and cook on a very low heat – 10min for white rice, 20 for brown rice.
4. Once the time is up, allow to sit for 5 min with the lid on before fluffing the rice up and serving.

Hints, Tips and Variations

Wheat, gluten & dairy free

Reheat in a microwave.

If using long grain rice, double the amount of water.

Once boiling, make sure the heat under the rice is as low as it can go. If you feel your hob doesn't go low enough, add a little more water & keep an eye on the rice incase it dries out and burns.