



## INGREDIENTS

- 2 Cups Basmati Rice (enriched or whole grain rich)
- 3 Cups Water (for cooking rice)
- 2 Tablespoons Olive Oil
- 1 Teaspoon Turmeric
- 1 Teaspoon Coriander Powder
- 1 Cinnamon Stick
- 10 Cardamom Pods
- 2 Teaspoons Salt

## DIRECTIONS

1. Wash the rice three times until the water runs clear. Set aside.
2. Heat oil in a large saucepan on medium-high heat. Add the whole seasonings (cinnamon stick and cardamom pods (cracked)) to the hot oil. Sauté for 30 seconds to release their aroma.
3. Add the washed rice to the saucepan.
4. Add the powdered spices (turmeric, coriander powder and salt) and stir well to ensure the rice is evenly coated with the seasonings.
5. Add hot water to the saucepan. Bring to a boil (no lid, still on medium-high). Boil for 1-2 minutes until the water level in the saucepan reaches about the level of the rice.
6. Reduce the heat to very low and close the lid. Simmer for 10-12 minutes. Once the rice is done, turn off the stove. Let sit the rice in the saucepan for another 5 minutes, with the lid closed, to further improve the texture.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Lunch/Supper

## YIELD

6 Cups

## PORTION SIZES

**Toddler:** ¼ Cup

**Preschool:** ¼ Cup

**School Age:** ½ Cup

**Adult:** 1 Cup