

Easy Pilau Rice

Basmati rice is flavoured with spices to make pilau rice.

Serve as a side dish with a main meal.



Milk*

Nutritional information per portion (216g):

Energy	Fat	Saturates	Sugars	Salt
1348kJ 321kcal 16%	6.7g 10%	1.7g 8%	<0.5g 0%	0.09g 2%

of an adult's reference intake.
Typical values per 100g: energy 624kJ/149kcal.

Equipment

Weighing scales
Cup
Large saucepan with a lid
Wooden spoon
Measuring spoons
Kettle
Fork

Ingredients

Serves 4 as a side dish
25g unsaturated fat spread OR 1 x 15ml spoon sunflower oil
1 cup basmati rice
1 x 5ml spoon ground turmeric
1 dried bay leaf
4 green cardamom pods
4 cloves
½ x 5ml spoon fennel seeds
1½ cups boiling water

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

Method

1. Melt the spread or heat the sunflower oil in the saucepan over a low heat.
2. Stir in the rice until it is coated in spread or sunflower oil. Add the spices and stir.
3. Add the boiling water and stir.
4. Cover the saucepan with the lid and simmer on the lowest heat for 15 minutes. Do not stir.
5. Fluff up with a fork before serving (the rice will have absorbed all the liquid).

Top Tip

- It doesn't matter what size cup you use as long as you use the same one for the rice and water.



Something to try next time

- Serve with a curry recipe such as Chicken Rogan Josh (available on our website), or with grilled fish and a squeeze of lemon juice.

Prepare now, eat later

- Follow these steps to re-use rice safely. Cool leftover Pilau rice quickly (within 1 hour), refrigerate and use within 24 hours. Cook until piping hot or serve cold. Do not reheat rice more than once.

Skills used include:

Measuring, melting, boiling/simmering and serving.