



Basmati Rice Pilaf/Pulao (4 Servings)

Shopping List:

- Basmati Rice
- Mixed cut vegetables (optional)
- Red Onion
- Cashews
- Cranberries/golden raisins
- Ghee (clarified butter)

- 2 1/2 cups cooked white or brown Basmati rice (or 2 cups Quinoa cooked as per package instructions)
- 1 small Red Onion thinly sliced
- 1/4 cup Cashew halves (optional)
- 1 cup mixed cut vegetables (green peas, corn, carrots, beans, etc.-optional)
- 1 Tablespoon dried cranberries or Golden raisins (you may use both)
- 1 Tablespoon Ghee (clarified unseasoned butter-available at Trader Joe's or any Indian grocery store)
- 1/3 Teaspoon (or three generous pinches) Seven Happy Seeds Pilaf Spice
- 1 Teaspoon Salt (or to taste).

Procedure:

1. Heat ghee in a medium cooking pot until it melts. Add sliced onions and caramelize to a golden brown color on medium high heat.
2. Add cashews and fry until crunchy
3. Add Pilaf Spice and salt, and sauté lightly on low heat.
4. Add cranberries and vegetables and stir to mix. Cover and cook for 5-6 minutes on low heat until softened, stirring occasionally.
5. Gently fold in cooked rice or quinoa and mix all ingredients by gently scooping from bottom to top, turn off heat, cover, and let stand for 5 minutes.
6. Serve hot with Chicken Tikka Masala and minty cucumber yogurt Raita.

Note: If you desire to cook the rice, rinse 2-3 times until water runs clear, and soak for 20-30 minutes in 1 and 3/4 cups of water for each cup of rice. Bring to a boil and cook uncovered until most of the water has evaporated. Cover and cook on low heat for 5 minutes. Turn heat off and keep covered for 10 minutes. Fluff rice with a fork and season as described above.