Vegetable Pilau

Ingredients:

4 cups rice, washed and soaked for 30 minutes

8 cups mixed vegetables (carrots, peas, French beans, corn) diced

2 large onions, thinly sliced

6 tablespoons vegetable oil

3 tablespoons cinnamon

6 chopped tomatoes

6 green cardamom pods

8 cloves

2 bay leaves

2 teaspoons cumin seeds

2 tablespoons ginger garlic paste

2 teaspoons turmeric powder

4 teaspoons garam powder

8 cups water or vegetable broth

Chopped cilantro/ coriander for garnish

Salt to taste

1. In a large pot, heat oil over medium heat. Add cardamom pods, cloves, bay leaves and cumin seeds. Sauté until the spices release their aroma.
2. Add sliced onions and cook until they become golden brown. Add cinnamon powder and fry for 30 seconds.
3. Stir in garlic ginger paste and cook for 1-2 minutes until the raw smell disappears.
4. Add chopped tomatoes and cook until they soften. Add diced mixed vegetables, turmeric powder and salt. Sauté for 3-4 minutes or until the vegetables begin to soften.
5. Drain the soaked rice and add it to the pot. Stir gently to coat the rice with the spices and vegetables.
6. Pour in the water or broth. Cover with aluminium foil. Bring the mixture to boil, then reduce the heat to low. Cover the pot with aluminium foil and let it simmer for about 15-20 minutes or until the rice is cooked and the liquid is absorbed.

7. Once the rice is cooked leave it to stand covered for 10 minutes. Uncover and fluff with a fork.
8. Garnish with chopped cilantro before serving.