

Potato and Cauliflower Rice

This is a light and delicious rice recipe which is easy and quick to make. You can add other vegetables to this like carrots and beans.

Serves 4 people.

Ingredients

1 brown onion, thinly sliced
1 large potato, peeled and chopped
 $\frac{1}{2}$ cauliflower, chopped into small florets
oil of choice
1 tbsp cumin seeds
1 green chilli, finely chopped
75g frozen peas
1 tsp salt
 $\frac{1}{2}$ tsp chilli powder
 $\frac{1}{2}$ tsp turmeric powder
 $\frac{1}{2}$ tsp garam masala
200g basmati rice, cooked
handful fresh coriander, finely chopped

Method

- Add 1 tbsp oil to a hot pan. Add the cumin seeds and let them sizzle for 30 seconds.
- Add the onions and chilli, and cook for 4-5 minutes.
- Add the peas, potato, cauliflower, seasoning, and spices with a splash of water. Mix well, cover, and cook for 10-12 minutes on low-medium heat.
- Add the rice and mix well. Turn up the heat, stir in the coriander leaves, and cook for 2 minutes.

Enjoy it with some yogurt, chutney or pickle.