

eera rice &raita





method

- wash rice & leave it to sit for 5 minutes. then drain all water
- heat oil in pan to medium heat
- add jeera (cumin seed) & bring to sizzle
- add onions & cook until translucent
- add rice & stir through for a couple of minutes
- add the 2 cups of water & bring to a boil, then turn down to a gentle simmer & leave to cook for 20 minutes, stirring occasionally
- the rice will be ready when all of the water is absorbed



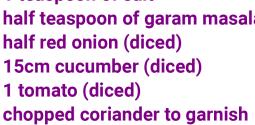
500g greek yoghurt 1 teaspoon of salt half teaspoon of garam masala half red onion (diced) 15cm cucumber (diced) 1 tomato (diced)



method

- add salt & garam masala to yoghurt 🔧 then stir well
 - add onion, cucumber & tomato 😕 then mix well
 - garnish with coriander and serve 🔛











3 tablespoons of oil

1 teaspoon of salt

2 cups of water

1 cup of basmati rice

2 teaspoons of cumin seeds

1 medium onion (sliced)

