Turmeric Rice

Ingredients

2 Tablespoon vegetable oil
1 Onion
1 Garlic clove
2 Teaspoons cumin seeds
2 Teaspoons coriander seeds
1 ½ Teaspoons turmeric
Thumb size piece of ginger
3 Cups of cooked rice

Method

1. Finely cross chop the ginger and garlic.
2. Finely chop the onion.
3. Gently roast the cumin and coriander seeds for a minute until you can smell them cooking. (be careful not to burn them) Place in a pestle and mortar and crush coarsely. Put to one side.
4. Heat the oil in a wok on a medium heat add the onion cook until soft and slightly see though add the garlic and ginger cook for another 4 minutes.
5. Add the spices and cooked rice cook for another 4 minutes or until warmed though.
6. Turn off heat, serve.