

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 through 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.

