

## Basmati Rice Salad



**Serves:** 3

**Profitability:**

**Steps:**

Place the rice with the water in a suitable sized pan, cover and bring to the boil. Simmer until cooked (the water should have evaporated and you should be left with fluffy rice)

Once cooked, refresh in cold water to stop the cooking process

While the rice is cooking, place a pan onto the stove with a little oil. Once hot, place the shallots into the pan, turn down the heat and sweat gently for 15 minutes

Put the spices in with the shallots and cook for a further 10-15 minutes

Place the chickpeas and the red pepper with the shallots and spices and place in a suitable bowl with the drained rice and chopped coriander

For the dressing, place the mustard and honey in a bowl. Whisk in the white wine vinegar until incorporated. Slowly whisk in the olive oil and then add the spices

Drizzle over the rice salad

You can finish the salad with a little natural yoghurt if you like. It also eats well with chicken or fish

**Ingredients:**

MAIN INGREDIENTS

200g basmati Rice

400ml water

1 shallot, sliced

1 tsp turmeric, ground

1 tsp cumin seeds

1 tsp coriander seeds

1 tsp chilli flakes

1 tsp paprika

4 tsp salt

100g chickpeas

1 roasted red pepper

25g chopped coriander

#### THE DRESSING

1 tbsp English mustard

2 tbsp white wine vinegar

4 tbsp olive oil

1 tsp honey

1/2 tsp ras el hanout spice (Moroccan spice) or if not available a pinch of each of the following:  
saffron, chilli powder, cayenne pepper, paprika