

Rice and red lentil pilau

Garam masala

- 1 tablespoon coriander seeds
- 1 tablespoon cardamom pods
- 1 tablespoon cumin seeds
- 1 teaspoon whole black peppercorns
- 1 teaspoon whole cloves
- 1 small cinnamon stick, crushed

- 60 ml (1/4 cup) oil
- 1 onion, chopped
- 3 garlic cloves, chopped
- 200 g (1 cup) basmati rice
- 250 g (1 cup) red lentils
- 750 ml (3 cups) hot vegetable stock
- spring onions (scallions), sliced on the diagonal, to garnish

To make the garam masala, place all the spices in a dry frying pan and shake over medium heat for 1 minute, or until fragrant. Blend in a spice grinder or blender to a fine powder.

Heat the oil in a saucepan. Add the onion, garlic and 3 teaspoons garam masala. Cook over medium heat for 3 minutes, or until the onion is soft.

Stir in the rice and lentils and cook for 2 minutes. Add the stock and stir well. Slowly bring to the boil, then reduce the heat and simmer, covered, for 15–20 minutes, or until the rice is cooked and all the stock has been absorbed. Gently fluff the rice with a fork. Garnish with spring onion.

Serves 4–6

Note: If you prefer, you can use ready-made garam masala instead of making it.