







Easy Pilau Rice

Serves 4 as a side dish

25g butter OR sunflower oil
1 cup basmati rice
1 dried bay leaf
4 green cardamom pods
4 cloves
½ x 5ml spoon fennel seeds
1½ cups boiling water

1. Melt the butter or heat the sunflower oil in the saucepan over a low heat.

2. Stir in the rice until it is coated in butter or sunflower oil. Add the spices and stir.

3. Add the boiling water and stir.

 Cover the saucepan with the lid and simmer on the lowest heat for 15 minutes. Do not stir.

5. Fluff up with a fork before serving.

Top Tip:

It doesn't matter what size cup you use as long as you use the same one for the rice and water.