



Basmati rice

5'
Hands on

15'
Cook Time

2
Portion(s)

1
Difficulty



Method

- Rinse the basmati rice with plenty of cold water.
- When the water turns white, it means that the rice is releasing its starch. This will stop it from becoming mushy while cooking
- Drain and transfer to a pot.
- Add the water, olive oil, freshly ground pepper, salt, the rind of 1 lemon, rosemary and 1 bay leaf.
- Place over high heat and stir just to combine.
- Let it come to a boil without stirring at all.
- Lower heat and cover pot.
- Simmer for 15 minutes until it absorbs all of its liquid.
- Turn off heat and let the basmati rice sit for 1-2 minutes.
- Fluff it up with a fork and serve!
- This is not only the correct way to cook basmati rice but also the easiest and tastiest way. It is a great side dish that goes along with any meal!

Ingredients

- 250 g basmati rice
- 500 g water
- 3 tablespoon(s) olive oil
- pepper, freshly ground
- salt
- lemon zest, of 1 lemon
- 2 sprig(s) rosemary
- 1 bay leaf

Διατροφικός πίνακας

Nutrition information per portion

602 Calories (kcal)	19.0 Total Fat (g)	2.9 Saturated Fat (g)	95.0 Total Carbs (g)
30%	27%	15%	37%
0.0 Sugars (g)	11.0 Protein (g)	1.4 Fibre (g)	0.79 Sodium (g)
0%	22%	6%	13%