

SERVES 4

5 MINUTES PREPARATION

20 MINUTES COOKING

MILD MAURITIAN



CHICKPEA RICE

- 1 tsp vegetable oil
- 1 tsp mustard seeds, 1 tsp cumin seeds
- 1 400g tin of chickpeas, drained
- 1 tbsp Mild Mauritian Curry Powder
- 350g basmati rice
- 500ml water
- 1 tsp salt

CHICKPEA RICE

METHOD

- Heat the oil in a medium sized saucepan with a lid. Once hot add the mustard & cumin and cook gently for 2 minutes.
- Add the chickpeas and stir well, fry for 5 minutes until they start to crisp.
- Add the Mild Mauritian curry powder, cook for 1 minute, add the rice and fry for 30 seconds, stirring constantly to make sure all the rice is coated in the fragrant oil.
- Add the water and salt, stir once, put the lid on the pan and bring to the boil. Allow to hard boil for 1 minute before lowering the heat right down. Leave to cook for 10 minutes. The rice is ready once all of the liquid has been absorbed.