

SERVES 4

5 MINUTES PREPARATION

25 MINUTES COOKING

RAS EL HANOUT



CARROT PILAF

- 450g basmati rice
- 3 tbsp olive oil
- 1tsp crushed coriander seeds, 1 tsp cumin seeds
- 2 medium carrots, peeled & cut into 5mm dice
- 1 tbsp Seven Sisters' Spices Ras el Hanout
- 1 tsp salt
- 600ml water
- Small bunch of fresh dill, chopped

CARROT PILAF

METHOD

- Heat the oil in a heavy based saucepan with a tight fitting lid; when it is hot add the coriander & cumin. As soon as the spices become aromatic, after about a minute, add the carrot and sauté, stirring for 1 minute to allow the carrots to sweat.
- Lower the heat and add the rice and salt, again stirring well until everything is mixed together. Cook gently, stirring regularly for 1 minute more.
- Add the Ras el Hanout to the pan and stir until all of the carrots & rice are well coated.
- Add the water and bring the pan to a hard boil for one minute. Lower the heat, put on the lid and cook at the lowest possible temperature for 15 minutes. After 15 minutes remove from the heat and allow to stand for 10 minutes with the lid on before serving. Add the chopped dill and mix well.