

Flavoured Rice Dish

Ingredients:

3 cups of cooked brown rice
1 carrot (diced)
1 cup of chickpeas, firm tofu or blue peas
2 cups of mixed vegetables
1 brown onion (diced)
3 cloves of garlic (crushed)
1 tsp of ginger
½ tsp of turmeric powder
½ tsp of ground cardamom
½ Tbsp of tomato paste
2 Tbsp of cashew cream
1 pinch of ground cumin
Salt to taste

Method:

Soften onion and garlic in a pan for a minute. If you want it more tender add a tablespoon or so of water to cook.

Add turmeric, ginger, vegetables, tofu and salt. Cook for 5 to 10 minutes until the vegetables are soft, but not too soft (if you want them a little crunchy, reduce this time).

Add tomato paste, cashew cream, ground cumin and cardamom. Stir until well mixed.

Finally, add brown rice and stir through well.

Add salt if needed.

Serve with salad, cucumber and cashew cream.

Cashew Cream

Ingredients:

1 cup of raw cashews
1 cup of water

Method:

Place cashews and water in blender and blend until very smooth.

Green Salad with Coriander

Ingredients:

1 Lebanese cucumber (diced)
1 avocado (diced)
1 clove garlic (crushed)
¼ red onion (diced)
1 large tomato (diced)
½ lime (juiced)
¼ cup of fresh coriander (chopped)
Salt to taste

Method:

Place all ingredients into a bowl. Squeeze in lime juice and add salt. Mix together and serve.

Cucumber Cashew Cream

Ingredients:

1 Lebanese cucumber (diced)
½ cup of cashew cream
¼ cup of fresh coriander (chopped)
¼ red onion (finely diced)
½ lime (juiced)
Salt to taste

Method:

Put cucumber, cashew cream, coriander and onion in a bowl. Squeeze in lime juice and add salt. Mix together and serve.