

Plain Basmati



4 servings, Total cooking time 20 min

You will need

2 cups Basmati Rice
4 cups water
Salt to taste
2 tablespoons oil
½ a lemon

To cook

Soak 2 cups Basmati Rice in water for 20 minutes. Drain the water and rinse the rice in fresh water.

Boil the water and add the soaked rice, then add oil and salt after 3-4 minutes. When the rice is almost done strain and squeeze in half a lemon. Then cover and keep on very low flame for 10 minutes to simmer. Your rice is ready.

Tip: The lemon juice makes the rice whiter and prevents the grains from sticking together. If lemon isn't available, you can use half a teaspoon of vinegar instead.

Diet tip: Reduce calorie content by draining off the starch water after boiling. You can also cook the same recipe without oil for a low-fat meal option.