

# Carrot and cashew rice pilaf

Serves 4 – 6

Prep time: 10 minutes | Cook time: 15 minutes | Total time: 25 minutes

## *Ingredients:*

- 1-1/2 tablespoons vegetable oil
- 1 cup carrot, diced small
- 3/4 red bell pepper, membrane and seeds removed, diced
- 1/2 white onion, diced
- 2 garlic cloves, minced
- 1 cup basmati rice
- 1-1/4 cups coconut milk, divided
- 1-1/4 cups water, divided
- 1/2 teaspoon ground cumin
- 1/2 teaspoon yellow curry powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/3 cup toasted cashew pieces
- Fresh cilantro, for garnish

## *Directions:*

1. To a large skillet over medium heat, add the oil. When the oil is hot, add the carrot, bell pepper, onion and uncooked rice. Stir to combine, and cook for about 4 minutes or until the vegetables soften. You may need to scrape the bottom of the pan a bit so the rice doesn't stick.
2. Add 1 cup of the coconut milk and 1 cup of the water to the skillet. Add in the cumin, curry powder, salt and ground black pepper. Stir, and bring the mixture to a boil.
3. Reduce the heat to low. Cover, and cook for 10 minutes. If the rice is still a bit uncooked, add the remaining coconut milk and water. Stir, and cook for another 5 minutes.
4. Add the cashew pieces, and stir.
5. Transfer to a serving bowl, garnish with the fresh cilantro, and serve hot.