

Less than 1 hour

Serves 4

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Ingredients:

- ¼ pumpkin or 4 small squash, cut into wedges
- Olive oil
- 1 tsp (5ml) cinnamon
- 1 Tbsp (15ml) ground cumin
- 1 tsp (5ml) black mustard seeds
- 1 tsp (5ml) cumin seeds
- 5 cardamom pods
- 1 star anise
- 2 bay leaves
- 2 onions, diced
- 1½ cups (375ml) basmati rice
- Salt
- 3 cups (750ml) water
- ½ packet (50g) raw cashew nuts, toasted

Raita:

- ½ cucumber, grated
- ¾ cup (180ml) plain yoghurt
- ½ clove garlic, crushed
- Handful coriander, chopped

Method

1. Preheat oven to 200°C.
2. Toss pumpkin, a glug of oil, cinnamon and ground cumin together in a roasting pan.
3. Roast for 25-35 minutes.

4. Fry whole spices and bay leaves in a glug of oil in a large pan.
5. Add onion and fry until cooked. Set half aside.
6. Add rice, a pinch of salt and water to pan and cook according to packet instructions.
7. Drain and cover for 10 minutes.
8. Fluff rice with fork and stir in nuts and reserved onions.
9. Squeeze moisture from cucumber and mix with other raita ingredients.
10. Serve rice with pumpkin wedges and raita.

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