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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