

Recipe

# CARROT PILAF WITH CORIANDER CHUTNEY



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# Recipe

- Rapeseed Oil (2 tbsp): For frying.
- Onion (1 large): Finely sliced.
- Ginger (2 tbsp): Grated, divided.
- Green Chillies (2): Sliced, divided.
- Garlic Cloves (2): Crushed.
- Coriander Seeds (2 tsp): Crushed.
- Cardamom Pods (4): Bruised.
- Cinnamon Stick (½): For flavor.
- Garam Masala (1 tbsp): Aromatic spice blend.
- Carrots (400g): Half coarsely grated, half sliced on an angle.
- Basmati Rice (300g): Rinsed well.
- Vegetable Stock (600ml): Hot.
- Coriander (large bunch): Finely chopped (stalks included), divided.
- Cashews (60g): Toasted and chopped, divided.

# Method

- **Fry the Onions:**
  - Heat the oil in a large pan with a tight-fitting lid.
  - Add the onions and a pinch of salt. Fry over medium heat for 10–15 minutes until golden and crisp.
  - Remove the onions with a slotted spoon and drain on kitchen paper, leaving the oil in the pan.
- **Cook the Vegetables and Spices:**
  - Add half the ginger, half the chillies, all the garlic, spices, and both types of carrots to the pan.
  - Fry for 6–8 minutes until the carrot slices start to turn golden.
- **Cook the Rice:**
  - Stir in the rice, then add the stock, a handful of coriander, salt, and black pepper.
  - Bring to a simmer, then reduce the heat to low. Cover with a lid and cook for 12–15 minutes until the liquid is absorbed and the rice is tender.
- **Make the Coriander Chutney:**
  - Blend the remaining ginger, green chilli, most of the cashews, and most of the remaining coriander with 50ml water until smooth.
  - Add 2–3 tbsp more water if needed for a spoonable consistency.
- **Assemble and Serve:**
  - Fluff the rice with a fork.
  - Spoon the coriander chutney over the pilaf.
  - Sprinkle with fried onions, reserved coriander, and the remaining cashews.



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