

Basmati Rice Pilaf/Pulao

2-4 Servings

- 1 cup cooked white Basmati rice (1 and $\frac{3}{4}$ cup water for each cup of rice), (OR 1 cup Quinoa cooked as per package instructions)
- $\frac{1}{2}$ cup mixed cut vegetables (green peas, corn, carrots, beans, etc.)
- $\frac{1}{4}$ red onion thinly sliced
- $\frac{1}{4}$ cup cashew halves (optional)
- 1 tablespoon dried cranberries or Golden raisins (you may use both)
- 2 tablespoons Ghee (clarified unseasoned butter-available at Trader Joe's or any Indian grocery store)
- $\frac{1}{2}$ teaspoon [Seven Happy Seeds Pilaf Spice](#)
- 1 teaspoon Salt (or to taste).

1. Heat ghee in a medium cooking pot until it melts. Add sliced onions and caramelize to a golden brown color on medium high heat.
2. Add cashews, cranberries, [Pilaf Spice](#) and salt, and sauté lightly on low heat.
3. Add vegetables and cook for 5-6 minutes, stirring occasionally.
4. Gently fold in cooked rice or quinoa, cover and let steam for 5 minutes.
5. Serve hot with [Chicken Tikka Masala](#) and [Minty Cucumber Yogurt Raita](#).