

*LEMON RICE BY Vaishali Parekh*  
*Nutritionist who lives in Kolkata, India*



**LEMON RICE – Created By Vaishali Parekh, Nutritionist who lives in Kolkata, India**

**Preparation Time – 45 Minutes**

**Serves: 4**

**Lemon Rice Ingredients:**

Basmati variety or any long grain rice – ½ cup

Water 2 ½ cup

Salt – 1 tsp

Oil or clarified butter – 3 tbsp.

Chopped cashew nuts – ½ cup

Split black gram - 2 tbsp.

Mustard seeds – 1 tsp

Red chilies, whole – 3

Turmeric powder – ½ tsp

Lemon juice- 1/3 cup

Green coriander, chopped - 3 tbsp.

Coconut, fresh, shredded - 5 tsp

## **Method:**

Wash and soak the rice in water for 10 minutes.

Drain and keep aside.

Boil water in a heavy-bottomed pan.

Stir in rice, salt and ½ tbsp. oil.

Cover tightly, reduce heat and simmer without stirring until the rice is fluffy and tender and the water is fully absorbed. Keep aside.

Heat remaining oil in a small pan.

Stir-fry the cashew nuts until golden brown. Spoon cashew nuts over the cooked rice and replace cover. Raise the heat slightly.

Sauté the split black gram and mustard seeds. Add the red chilies and remove from heat.

Gently fold in the sautéed mixture along with turmeric powder, lemon juice, coriander and coconut into the cooked rice until well mixed.

Serve hot, with plain yoghurt.