

## GOLDEN INDIAN RICE

21

- GF, EF, SF, SOYF, VN, VG

### INGREDIENTS

- 1 cup (250ml) low-salt gluten free - chicken stock
- 1 cup (250ml) water
- 1 cup (140g) uncooked basmati rice
- 3/4 tsp turmeric powder
- 2 spring onions, chopped
- 1/4 c (30g) chopped walnuts
- 1/4 c (30g) Golden sultanas

### METHOD

- 1 In a 2-litre nonstick saucepan, bring stock and water to a boil.
- 2 Stir in rice and turmeric powder. Cover and reduce heat to a simmer.
- 3 Cook for 20 min or until rice is tender.
- 4 Finish by stirring in a spring onions, walnuts and sultanas. Gently toss with a fork to combine.

SERVES 6

### NUTRITION INFO

**CALORIES**

135.1

**TOTAL FAT**

3.5g

**SAT. FAT**

0.2g

**SODIUM**

102mg

**TOTAL CARBS**

23g

**FIBRE**

0.7g

**SUGARS**

3.8g

**PROTIEN**

2.6g