**Indian Brown Basmati Rice:**

**Step 1 Ingredients:**

2 tbsp coconut oil

½ cup sweet onion diced

1 garlic clove minced

1 cinnamon stick (2”) or ¼ tsp ground cinnamon

2-3 cardamom pods split or 1/8 tsp ground cardamom

2-3 whole cloves or 1/8 tsp ground clove

1 tsp ground cumin or ½ tsp cumin seed

1 tsp turmeric

1 tsp sea salt

Dash of cayenne

2 tbsp ground flaxseed

1 cup brown basmati rice

2 cups of water

Cracked pepper to taste

**Step 2 Ingredients:**

3 small carrots or 2 large diced

2 tbsp celery leaves or ½ stalk celery finely chopped

½ cup frozen sweet green peas

2” piece of kombu

1 tsp maple syrup

¼ cup water

**Step** 1 – In large skillet with tight lid, melt coconut oil over medium high heat. Add onions, garlic and a dash of salt, sauté for a few minutes until onions are translucent and soft. Add spices and toast for a couple of minutes stirring constantly. Add flaxseed, giving it a couple of stirs and then rice. Toast rice mixture for a couple of minutes stirring often. Add water and bring to boil, then reduce to simmer and cover. Cook for 45 minutes – **DO NOT REMOVE LID**. Remove from heat immediately and allow to rest for 20 minutes.

**Step 2** – While rice is cooking, place Kombu in cup of water for about 5 minutes or until soft. Dice into small pieces. In small sauce pan, add kombu, carrots, celery, syrup and water. Bring to boil and reduce heat to simmer for about 5 minutes or until carrots are al dente (slightly crisp). Remove from heat , drain excess water and stir in peas

**Step 3** – Fluff rice with fork and toss with carrot mixture.

This rice is amazing hot or cold. Serve it in salads or with your favorite bean recipe for a complete meal. This will keep all week in the fridge – so make plenty!