



Spiced Rice by Leila

INGREDIENTS

- 1 ½ cup white rice
- 3 cups water
- 1 medium onion
- 2 cloves garlic
- 1 tbsp grated ginger
- ½ tsp Coriander powder
- ½ tsp cumin powder
- Fresh coriander
- 1 chopped tomato
- Salt to taste
- Little bit oil

METHOD

1. Wash the rice – 2 times
2. Soak in water for 20 minutes
3. In a pot, oil, heat it up and add onion, garlic, ginger, tomato, cumin, coriander powder.
4. Add salt
5. Fry for a few minutes
6. Then add hot water
7. After the water boils, add the rice
8. Reduce the heat and cook for 15 minutes



Sugaar (Sauteed meat) by Leila

INGREDIENTS

- 2 chopped onions
- 2 cloves of garlic
- 1 tbsp grated ginger
- 1 chopped carrot
- ½ tsp Coriander powder
- ½ tsp cumin powder
- ½ tsp turmeric
- Fresh coriander
- 250 gms chopped lamb
- Salt to taste
- Little bit oil

METHOD

1. In a pot, heat oil
2. Add onion, garlic, ginger with chopped lamb meat and salt and fry for 5 minutes
3. When the meat is cooked, add coriander, cumin and turmeric and carrot and fry for a few minutes
4. Reduce the heat, add a little bit of water and leave it for a few minutes

