Main dishes / India

basmati rice with white beans and okra · India

A complete grain dish with drained cooked white beans, okra and a India-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g basmati rice
- ☐ 500 g okra
- ☐ 3 g ground coriander seeds
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked white beans
- ☐ 3 g ground cumin
- ☐ 2 g ground turmeric

Let's make it.

01 Cook the basmati rice in plenty of water according to its packet, then drain well.

02 Clean the okra and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the okra and cook for a few minutes. Add a splash of water, cover and cook for 10 minutes.

04 Rinse and drain the drained cooked white beans, then heat until piping hot throughout.

05 Combine the cooked grain, vegetables and main ingredient. Stir in the ground cumin, ground coriander seeds, ground turmeric and taste before serving.

AI-developed, not kitchen-tested.

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