Main dishes / India

basmati rice with chickpeas and pumpkin · India

A complete grain dish with drained cooked chickpeas, pumpkin and a India-inspired seasoning.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g basmati rice
- ☐ 500 g pumpkin
- ☐ 3 g ground coriander seeds
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked chickpeas
- ☐ 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 pumpkin and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the pumpkin and cook for a few minutes. Add a splash of water, cover and cook for 15 minutes.

04 Rinse and drain the drained cooked chickpeas, 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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