

# Lemon Rice

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*The first time I made this Lemon Rice from Southern India, I was in love with all the flavors. So simple to make, yet so rewarding. Make sure to have all your ingredients and spices measured and prepped before you begin to cook this dish. Place them in a bowl or plate so that you can add to the skillet when needed. It is imperative that you are ready, since the cooking goes super fast. Do not overcook or the rice will become mushy. Remove from the heat and plate Lemon Rice in a serving bowl as soon as you have completed the cooking. Cover to keep it warm.*

7 cups	cooked Plain Basmati Rice, spread out on baking sheet to cool	¾ teaspoon	turmeric
3 Tablespoons	canola oil	1 large	red onion, diced
2 teaspoons	mustard seeds	½ cup	scallions, sliced thin crosswise
1 Tablespoon	yellow split peas or dal (Indian lentils)	1 teaspoon	salt (or to taste)
½ cup	cashews, chopped	¼ cup	water
3	whole dried chiles, remove stems and crush or ½ teaspoon of crushed red chili	¼ cup	lemon juice
1 teaspoon	cumin seeds	4	cilantro sprigs for garnish
		1	lemon, cut into wedges for serving

- 1 When rice is cool, combine oil, mustard seeds, yellow split peas and cashews in a large skillet or wok over medium heat. Cook, stirring 1-2 minutes or until mustard seeds start to pop. (Have cover ready to prevent splattering.) Immediately add the chiles, cumin seeds, turmeric and cook for 1 more minute or until cashews have turned golden brown.
- 2 Then add the onion, scallions and salt and cook, stirring until the onion is softened, about 4-5 minutes.
- 3 Add the cooled rice and stir gently until the rice is uniformly yellow. Then drizzle the water all around the rim of the pan and stir again gently. Add the lemon juice and cook uncovered until the rice is warmed through, about 2 minutes. Taste for salt and serve immediately.

Servings: 4

Preparation Time: 5 minutes

Cooking Time: 9 minutes

Total Time: 14 minutes

## Nutrition Facts

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Nutrition (per serving): 516 calories, 119 calories from fat, 13.6g total fat, 0mg cholesterol, 590.6mg sodium, 261.6mg potassium, 87.8g carbohydrates, 3.4g fiber, 1.7g sugar, 10.1g protein.

## Source

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Source: Adapted from Indian Home Cooking

