

# Carrot Spiced Rice with Creamy Almond 'Yogurt'



🕒 30 - 45 Mins



4 medium sized carrots

175g brown basmati rice

250ml coconut milk – the carton variety for drinking, rather than the tinned version

250ml water

1 ½ tsp garam masala

1 tsp cumin seeds

1 tsp mustard seeds

The seeds from 4 cardamom pods

1 inch piece of root ginger

1 large onion

2 tbsp coconut, rapeseed or olive oil

A large handful of raisins

A small bunch of coriander

For the Almond 'Yogurt':

100g blanched almonds – for really creamy 'yoghurt' go for the Marcona variety

The juice of 1 lemon

125ml water



## Preparation

Place the almonds in a bowl, cover with water and leave to soak for at least 3 hours, but preferably overnight.

## Cooking Instructions

Roughly chop the onion and crush the garlic cloves. Peel and grate the carrots and ginger – I recommend doing this by hand as it stops the carrots getting too soggy. Heat the

oil in a large saucepan with a lid. Fry the onion over a medium-low heat until soft – about 15 minutes – add the crushed garlic, all of the spices, a pinch of sea salt and black pepper and the grated ginger and carrots. Fry gently until the carrots start to soften and become glossy.

Stir the rice into the spiced carrot mixture. Pour over the coconut milk and water, cover and bring to the boil. Once at a boil reduce the heat to the lowest it will go and leave it to cook gently for 30-35 minutes or until the rice has absorbed all of the liquid. Leave to rest while you make the almond 'yogurt'.

Place the soaked almonds, lemon juice and water into a high-powered blender and blitz, pulsing if necessary and scraping down the sides when needed, until you have a smooth and fluffy 'yogurt'.

Fluff up the spiced carrot rice with a fork, roughly chop the coriander and mix it into the rice along with the raisins. Serve the carrot rice piled high with a dollop of almond 'yogurt' and a scattering of ripe and sweet, chopped tomatoes or as you please.