

3-MINUTE RICE

Time: 20 minutes

Serves: 20

Ingredients:

1kg basmati rice
900g stock or water
15g salt

Preparation:

Place the rice in your pressure cooker vessel. Rinse the rice under running water, filling the pot and pouring off the water a few times while stirring with your fingers. Pour off as much water as possible without losing any rice.

Stir in the stock and salt, removing any stuck rice grains from the side of the pot.

Seal your cooker and bring to high pressure for three minutes, counting time once pressure has been reached.

Carefully vent the pressure and remove the lid as soon as the three minutes has passed.

Stir the rice to avoid sticking. Serve immediately or refrigerate covered for later use.

Nutritional Information Per Serving:

Calories: 178	Hand-Size Portion Guide
Fat: 0g	Palms of Protein: 0
Carbs: 40g	Fists of Vegetables: 0
Fibre: 0.6g	Cupped Hands of Carbs: 2
Protein: 3g	Thumbs of fat: 0