

Green Pea Pulao with Cardamom & Almonds



Serves 2 Prep 10 mins

Cooking 25 mins

Easy

Ingredients

130g white basmati rice

1 tbsp neutral oil, plus extra for frying the eggs (or use extra butter)

25g salted butter

4 green cardamom pods, bashed to release the seeds

1 large onion, peeled and finely chopped

50g flaked almonds

150g frozen peas, defrosted

1 tsp sea salt flakes

2 free-range eggs

1. Put the rice and 275ml boiling water in a microwaveable bowl with a lid (you can use a Pyrex one with a snugly fitting plate on top). Microwave on a medium setting (600W on a 800W) for 9 mins, then leave to stand for 10 mins. Alternatively, put the rice & 275ml boiling water in a saucepan with a tightly fitting lid, bring to a boil on the hob, then cover, turn down the heat to very low & cook for 10 mins without lifting the lid (this is important!). Fluff the rice with a fork.
2. Meanwhile, put the oil & butter in a large frying pan on a medium heat, add the bashed cardamom pods & fry for 30 secs. Add the onion, turn down the heat & cook slowly, stirring occasionally, for 10 mins – with just a very light colour. Add the flaked almonds, stir-fry for 3 or 4 mins, add the peas & salt, & cook for another two mins.
3. Tip the cooked rice into the pan & stir gently so as not to break it up too much. Taste and adjust the salt as needed, add more butter if you're feeling decadent, then take off the heat and cover while in a separate pan you fry the eggs in oil or butter to your liking – I do mine for two to three minutes on a high heat, until the whites start to crisp at the edges, but the yolk is runny. Season with salt.
4. Divide the rice between two bowls, and serve each topped with an egg.