

tomato rice

preparation time: 10 minutes

Cooking time: 50 minutes

chilli rating: mild

difficulty Level: medium

Serves: 6-8 as part of a
main meal

ingredients

1 recipe drained basmati rice

(see Ajoy's tips)

1/3 cup vegetable oil

4 tsp black or brown mustard
seeds

4 tsp chickpeas

1 tsp split black lentils

2 tsp chilli powder

1 tsp ground turmeric

1/2 tsp powdered asafoetida

1 1/2 tbs fresh ginger, grated

18 fresh curry leaves

1 kg tomatoes, unpeeled, finely
chopped

method

Prepare rice as directed (see Ajoy's tips).

In a large saucepan, heat oil over medium-low heat. Add mustard seeds and cook until they crackle. Add chickpeas and lentils and cook, stirring continuously, until light golden. Add chilli, turmeric and asafoetida and cook, stirring continuously, for 15 seconds.

Add ginger and curry leaves and mix well. Add tomatoes, raise heat to medium and cook, stirring frequently, until tomatoes are soft and the mixture thickens slightly.

Taste and add salt, if necessary.

Add the drained rice and toss gently with a large spoon to combine rice and tomatoes, taking care not to crush the rice.

Sprinkle with the coriander and serve.

Ajoy's tips

The amount of rice used for this recipe is 2 1/2 cups basmati rice, 5 cups water and 1/2 teaspoon salt. To follow the preparation for drained basmati rice, read Ajoy's blog [Is it baasmati or basmaati?](#) Well, whatever it is how do you get it so tender?