Carrot and Cashew Basmati Rice

2 modest rice bowls, each with half the carrot rice and 15 g (0.53 oz) cashews | Active 14 min | Cook 23 min | Total 45 min

Ingredients

- 100 g (3.5 oz) dry white basmati rice, not brown, instant or parboiled rice
- 260 ml (about 1 US cup plus 1 US tbsp) water for the rice
- 120 g (4.2 oz) peeled carrot, cut into 5 mm (3/16 in) dice
- 5 ml (1 US tsp) olive oil
- 0.8 g ground cumin, about 1/3 tsp
- 1 g fine salt, about 1/8 US tsp plus a small pinch
- 30 g (1.1 oz) ready-to-eat unsalted cashews, roughly chopped
- 15 ml (1 US tbsp) lemon juice
- 5 g fresh flat-leaf parsley, about 2 US tbsp finely chopped
- Up to 30 ml (2 US tbsp) additional water, reserved only if the rice dries before becoming tender

Set out

1000 W microwave with turntable, Deep microwave-safe bowl, 2 L (about 2.1 US qt) measured capacity, about 19 cm (7 1/2 in) inside diameter, Microwave-safe vented cover, Fine sieve, Knife and board, Fork and spoon, Kitchen scale and measuring jug, Oven mitts, Food thermometer for reheating leftovers, Two serving bowls

Allergens

Cashews. Check labels and substitutions.

Make it

1. Rinse the rice in the fine sieve and drain thoroughly. Combine it with the 260 ml water, carrot, olive oil, cumin and salt in the 2 L bowl. Spread the carrot through the rice and cover with the vented cover.

2. Microwave at 1000 W full power for 4-5 minutes, until the liquid is bubbling. Reduce to 50% power and cook for 14-18 minutes. Check once halfway through, lifting the cover away from your face and gently redistributing any dry outer grains into the moist center. Keep the cover on between checks.

3. The grains should be tender through their centers and the free liquid nearly absorbed. If the bowl is dry but the grain remains firm, stir in 15 ml (1 US tbsp) of the reserved water, cover and cook 1 minute at 50% power before checking again. Repeat once if needed; unused reserve water is not added. If liquid remains with tender rice, stand first rather than automatically draining the bowl.

4. Leave covered outside the oven for 5 minutes. Fluff with the fork, stir in all the lemon juice and parsley, and divide the complete rice-carrot mixture between two bowls. Finish each with 15 g (0.53 oz) cashews and eat promptly.

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The reserved water has a job

The 260 ml is the initial cooking measure. An additional 30 ml is a maximum correction allowance, added in 15 ml steps only if firm rice has gone dry. It is not an extra unmeasured sauce.

A small batch still needs headspace

Rice swells and its starchy water can foam. Keep the deep 2 L bowl and a vented cover; do not seal a jar or use a narrow mug.

Ingredient labels

Check ready-to-eat nuts and spices for additional allergens or cross-contact. The seed variation is not an automatic allergy-free claim.

A useful detail

The 45-minute planning total allows rinsing and chopping, up to 23 minutes sequential heating, a 5-minute covered stand and finishing. Extra endpoint-controlled bursts can extend it. This is a dry-rice cook, not a two-minute pouch reheating recipe. The stated timings start from a 1000 W oven; power cycling, bowl shape and rice brand affect the result.

Another way

Replace the carrot with 120 g (4.2 oz) peeled parsnip in the same small dice; it may need an extra short covered burst if still firm.

Replace the cashews with 30 g (1.1 oz) ready-to-eat pumpkin seeds. Check labels for nut cross-contact; keep the same dry finishing stage.

Keep it well

Eat freshly cooked if possible. Portion leftovers into shallow containers and chill quickly, ideally within 1 hour of the rice finishing, at 40°F/4°C or below. Use within 24 hours. Reheat only once, covered and stirred, to 165°F/74°C throughout, then stand covered for 2 minutes. Keep unused cashews dry separately; lemon does not restart the rice storage clock.