

CHICKPEAS & RICE PILAF

RECIPE CONTRIBUTED TO OXFAM AMERICA BY AARTI SEQUEIRA

INGREDIENTS

- 1 cup rice (basmati recommended), rinsed until water clear
- 2 tablespoons canola oil
- 1 tablespoon unsalted butter
- ½ teaspoon cumin seeds
- ½ medium white onion, finely diced
- 2 green cardamom pods, crushed
- 1 2-inch cinnamon stick
- 4 cloves
- ½–1 whole Fresno chili, minced (to taste)
- 1 14½-ounce can chickpeas, drained and rinsed
- Scant 2 cups hot water
- 1 teaspoon salt
- 2 tablespoons fresh cilantro, minced

INSTRUCTIONS

Fill a large bowl with fresh water and soak rice for about 30 minutes. Drain, reserving 2 cups of water. Combine oil and butter in small pot over medium heat. Once butter has melted and foam has subsided, add cumin seeds. After cumin seeds have darkened, add onions, cardamom pods, cinnamon stick, and cloves. Sprinkle with a touch of salt and cook, stirring frequently, until onions have softened, about 5 minutes. Add Fresno chili and sauté 30 seconds. Add rice and cook, stirring frequently but gently, until the grains turn translucent and don't clump together, 2–3 minutes. Add chickpeas, reserved water, and salt. Bring to full boil then simmer, partially covered, until rice is cooked and fluffy, about 15 minutes. Turn off heat, cover, and allow to steam 5 minutes. Garnish with cilantro.

OPTIONS

After cumin seeds have darkened and before adding onions, add ¼ teaspoon asafetida powder (hing).

YIELD: 4 TO 6 SERVINGS



SUPPORT

RICE IS A STAPLE CROP THAT SUPPORTS MILLIONS OF FAMILIES ALL OVER THE WORLD. WHEN BUYING THE RICE FOR THIS RECIPE, LOOK FOR A BRAND THAT GUARANTEES SMALL-SCALE FARMERS A FAIR PRICE.

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Recipe adapted from Chef Aarti Sequeira.

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THE GROW METHOD



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LESS



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ONLY A SMALL PERCENTAGE OF WHAT WE SPEND ON FOOD ACTUALLY REACHES THE PEOPLE WHO FARM AND PRODUCE IT. EVEN WHEN PRICES GO UP, FARMERS IN POOR COUNTRIES RARELY BENEFIT. TO HELP, LOOK FOR PRODUCTS AND BRANDS THAT ENSURE SMALL-SCALE FOOD PRODUCERS GET A FAIR DEAL.

HOW CAN THE CHOICES YOU MAKE IN THE KITCHEN FIGHT HUNGER AROUND THE WORLD? FIND OUT AT [OXFAMAMERICA.ORG/GROWMETHOD](https://oxfamamerica.org/growmethod).

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