



Cilantro Lime Thai Rice

Prep Time: 10 min. Cook Time: 50 min. Makes: 4 servings.

Make rice the star of your meal by giving it robust and exotic Thai flavors. Brown rice is a source of vitamin E and the B vitamins, making it a great addition to your diet. Serve along with some sauteed vegetables with a coconut-green-curry sauce for a delicious meal.

INGREDIENTS

- 1 1/2 tsp coriander
- 1 1/2 tsp cumin
- 1 cup long-grain brown rice
- 2 cups water
- 1-inch piece of ginger, grated
- 1 piece of lemongrass, white part sliced in half
- 1 lime, zested and 1/2 juiced
- 2 Tbsp fresh cilantro, chopped

DIRECTIONS

1. Heat a pot to medium and toast the whole spices for few minutes, until they are browned and releasing their scent. Add the rice and toast a few minutes.
2. Add the water, and the ginger, lemongrass, lime zest and juice half of the lime. Bring to a boil. Turn down to low and steep for 45 minutes, or until the rice is cooked.
3. Once cooked, remove the lemongrass, stir in the fresh cilantro and serve with lime wedges, from the half of the lime that wasn't juiced.

NUTRITION FACTS

Per serving
Calories 182

		% Daily Value*
2 g	Total Fat	3%
0 g	Saturated Fat	1%
0 mg	Cholesterol	0%
6 mg	Sodium	0%
39 g	Carbohydrates	13%
2 g	Dietary Fiber	10%
1 g	Sugar	
4 g	Protein	6%
52 IU	Vitamin A	1%
5 mg	Vitamin C	9%
28 mg	Calcium	3%
1 mg	Iron	10%

Hints & Tricks

To save time, boil water in a kettle while you toast the rice. Then it will come to a boil immediately when you add the water. Save even more time by doing this all in a pressure cooker! After sauteeing the rice, set for 10 minutes on pressure.