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Spiced Corn and Rice Pilaf

Serves 8

Ingredients:

- 2 tsp EVOO
- 1 (3-inch) cinnamon stick
- $\frac{3}{4}$ tsp cumin seeds
- $\frac{1}{4}$ tsp ground cardamom
- $\frac{1}{4}$ tsp sea salt
- 1 cup brown basmati or long-grain brown rice
- 2 $\frac{3}{4}$ cups reduced-sodium chicken broth, or vegetable broth
- 2 TBSP hulled pumpkin seeds
- 1 cup fresh corn kernels, (from 2 ears) or frozen

Preparation:

1. Heat oil in a large saucepan over medium-high heat. Add onion and cook, stirring often, until lightly browned, about 3 minutes. Add cinnamon stick, cumin seeds, cardamom, salt and rice; cook, stirring often, until spices are fragrant, about 1 minute.
2. Stir in broth and bring to a boil. Reduce heat to low; cover and simmer until the liquid is absorbed and the rice is tender, 35 to 40 minutes.
3. Meanwhile, toast pumpkin seeds in a small dry skillet over medium-low heat, stirring constantly, until fragrant, 1 to 2 minutes. Transfer to a bowl to cool.
4. When the rice is ready, stir in corn, cover and cook until heated through, about 5 minutes. Remove the cinnamon stick. Fluff the pilaf with a fork and fold in the toasted pumpkin seeds.



Food Fairy Note:

Adapted from: *Spiced Corn and Rice Pilaf*, <https://www.eatingwell.com/recipe/253067/spiced-corn-rice-pilaf/>