

THREE SEASONS AYURVEDA



Coconut Lime & Cilantro Rice



Coconut, cilantro and rice are cooling in nature, and this simple dish is not only nourishing and easy to digest but is balancing for both pitta and vata.

Equipment Needed

Pot with cover

Zester or box grater

Ingredients

1 cups Basmati rice

1 Tablespoon cooking oil

1 ½ cups coconut milk

1 cup water or vegetable stock

2-3 Tablespoons fresh chopped cilantro

2 Tablespoons of lime zest

Juice of two limes

1 teaspoon mineral salt

Directions

1. Place the coconut oil in pot and light toast the rice for 1 minute.
2. Add the coconut milk, water/vegetable stock, and salt.
3. Bring to a boil, reduce to a simmer, cover pot and cook for 12 minutes.
4. Turn off and let sit cover for 5-10 minutes.
5. Stir in the chopped cilantro, juice of two limes and lime zest



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