



# Savory Curry Rice and Tuna Dish

## Ingredients

2 Tbsp cooking oil  
1 onion, diced small  
1 carrot, in thin half moons  
2 garlic cloves, diced  
1 Tbsp curry paste (yellow is best)  
1 tsp turmeric  
1 1/2 cups brown rice  
3 1/2 cups water  
1 Tbsp lemon juice  
2 5oz cans of tuna, drained

**Servings:** 4-5 cups

**Prep time:** 20 minutes

**Cook time:** 45 minutes

**Total time:** 65 minutes

## Directions

1. Heat a large soup pot with the cooking oil on medium-high heat.
2. Add the onions and carrot to the pot with a pinch of salt. Cook until the onions start to soften, about 2 minutes.
3. Add the brown rice, turmeric and curry paste to the onions and carrots. Stir to coat the rice with the spices and oil.
4. Add 1 cup of water. Stir to dissolve the spices. Add the rest of the water and lemon juice.
5. Let the water come to a boil, then turn down the heat to low. Cover the pot and let it simmer for 40 minutes, or until the rice is done.
6. Fluff the rice gently with a fork. Fold in white beans, green beans and tuna. Add the lemon juice, salt and pepper.

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