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

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.

Servings: 4-5 cups
Prep time: 20 minutes
Cook time: 45 minutes
Total time: 65 minutes

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