PEAS PULAO WITH SILVERBEET AND ZUCCHINI

Ingredients

1) 1 ½ cups basmati rice, soaked for 20mins
2) 1 brown onion
3) 3 tbls oil
4) ½ tsp cumin seeds
5) 3 cardomom pods, bruised
6) ½ tsp cinnamon
7) 3 cups hot water
8) 1 tsp salt
9) ¾ cup frozen or garden peas
10) 1 small bunch silverbeet, washed
11) 1 zucchini

What to do:

Slice onion fine.
Heat large pot over medium heat and add oil.
Fry spices till sizzling and fragrant and add onion.
Drain rice.
Sweat onion till translucent and add rice.
Stir to coat rice well before adding water and salt.
Bring to boil and reduce to simmer and add lid.
Cook for 8mins and test for tenderness.
Finely chop silverbeet and grate zucchini.
When rice is tender stir through peas, silverbeet and zucchini, remove from heat and serve.