



Lemon Rice

By Chef Veera Gaul, Ph.D.



Ingredients

2-3 tablespoons O&V [Lemon EVOO](#) *
4-5 cloves garlic, minced
3 spring onions, white parts sliced (reserve green slices for garnish) – Optional
Zest of 1 lemon
Juice of 1 lemon (about 3 tablespoons)
1 cup long grain rice
Salt and pepper to taste
2 cups low sodium vegetable or chicken broth
Chopped green parts of spring onions for garnish
Cilantro or parsley leaves for garnish

Preparation

Heat the Lemon oil in a pan. Add the garlic and white parts of the spring onions. Cook for 1-2 minutes until fragrant but not browned.

Add the rice and lemon zest and stir for another 1-2 minutes so that all the rice is coated with oil.

Stir in the broth, lemon juice, salt and pepper, turn up the heat and bring the mixture to a boil

Reduce heat to a simmer, cover the pan and cook 18-20 minutes until all the liquid has evaporated and the rice is cooked.

Remove from heat, fluff with a fork and taste for seasonings (add salt or pepper to taste). Garnish with the green parts of spring onions and cilantro or parsley leaves and serve.

Serves 3

Total Time: 25 minutes

Notes

* The [Lemon EVOO](#) adds yet another layer of citrus flavor to this rice, making it mouthwateringly delicious. You can substitute with an unflavored, high-quality EVOO instead, the intensity of lemon flavor in the rice will be somewhat reduced.

Categories: Snacks & Sides, Vegan, Vegetarian, Dairy Free, Gluten Free, Lemon EVOO, Lemon Rice, Thai Flavors, Indian Flavors, Weeknight Meal, Mediterranean Diet, Plant Based,