

## Indian-Spiced Fried Rice

Serves 1

Prep: 10 Minutes | Cook: 20 Minutes

From "Serves One" by Toni Lydecker, Lake Isle Press, 2005

### INGREDIENTS

- 2 teaspoons grapeseed oil or other vegetable oil
- ¼ cup chopped onion
- ¼ teaspoon garam masala, or to taste (see Note)
- ½ teaspoon salt
- 1 cup cooked basmati rice (see Note) or other long-grain rice, hot or cold
- ¼ cup diced cucumber
- ¼ cup diced tomato

### PREPARATION

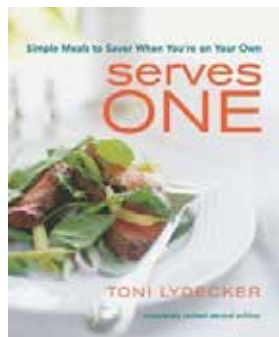
1. Heat the oil in a medium skillet over medium heat. Sauté the onion, stirring often, until lightly browned. Stir in the garam masala and salt, and cook until fragrant, a few seconds.
2. Stir in the rice, and spread it in a thin layer over the bottom of the skillet. When the rice starts to brown, stir it and spread it out again, repeating until fried to your liking. If the rice seems to be cooking too quickly, reduce the heat or add a little water. Serve the rice with cucumber and tomato on top.



Dara O'Brien

### COOK'S NOTES

- Garam masala is a blend of up to a dozen roasted, ground spices, including coriander, cumin, cinnamon, black pepper, and chiles.
- Basmati, a delicate, long-grain rice, is found in Indian and Middle Eastern grocery stores and, these days, many supermarkets. I usually rinse imported basmati, checking for impurities, but I skip this step when using U.S.-grown basmati.
- An easy cooking method: Stir 1/3 cup basmati rice into 1 cup boiling water and cook uncovered at a brisk simmer. Start tasting after 8 minutes; as soon as the grains are tender, drain the rice.



### SERVES ONE

#### SIMPLE MEALS TO SAVOR WHEN YOU'RE ON YOUR OWN

By Toni Lydecker

"Taking time for a homemade meal is a way of pampering yourself." —Toni Lydecker

Recipes for one that nourish the soul as well as the body that mostly call for only 10 minutes of active prep time. Many featured recipes are all-in-one meals requiring minimal cleanup—main-course salads, simple stir-fries, fresh takes on pizza and pasta, savory soups, and inventive sandwiches.

Find out more: <https://www.lakeislepress.com/books/serves-one>

Buy the book: <https://tinyurl.com/nu4faeps>