

# Spiced rice with pumpkin seeds

Serves 4

½ teaspoon cumin seeds  
1 teaspoon ground coriander  
300g brown rice  
900ml vegetable stock  
225g frozen peas  
30g pumpkin seeds, lightly toasted

1. Dry fry the cumin seeds, ground coriander and brown rice in a large saucepan for about 2 minutes.
2. Add the vegetable stock, bring to the boil and simmer for 20-25 minutes or until the rice is tender and the liquid has been absorbed.
3. Add the peas and cook for a further 3 minutes.
4. Stir in the pumpkin seeds and heat through before serving.