



## Turmeric Chilli Rice

4 servings

15 minutes

### Ingredients

- 180 grams Brown Rice (dry)
- 3 grams Turmeric
- 4 grams Chilli Powder
- 3 grams Sea Salt
- 15 milliliters Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Calories	201
Fat	5g
Carbs	35g
Fiber	2g
Sugar	0g
Protein	4g
Vitamin C	0mg
Calcium	9mg
Iron	1mg
Vitamin D	0IU
Folate	11µg
Vitamin B12	0µg
Magnesium	55mg
Zinc	1mg

### Directions

- 1 Cook the rice according to the directions on the package.
- 2 Once the rice has cooked, stir in turmeric, chili powder, sea salt and olive oil. Mix well.
- 3 Divide into bowls and enjoy!

### Notes

**No Brown Rice:** Use quinoa instead.

**No Olive Oil:** Use butter or ghee instead.

**Serve it With:** hard boiled egg & vegetables. Or serve as a side to any main meal!