**Kabuli (Afghan Rice Dish)**

**Ingredients:**
- 4 Cups of Basmati Rice
- 5 large carrots
- 150g silvered almonds
- 100g sultanas
- 100g sliced pistachio
- 2 Tbs of oil
- 4 Tbs of sugar
- Salt
- Ground/powdered cinnamon and cumin
- oil

**METHOD**

1. Wash and soak long grain Basmati Rice for about 30min before cooking.
2. In a pot boil water to cook rice. Add salt to taste.
3. Meanwhile wash, peel and thinly grate carrots into about 5cm long.
4. In another smaller pot, caramelise sugar in 2tbsp of oil. Watch closely to avoid sugar burning. Once sugar has turned into caramel colour remove from heat and cool for about a minute. Then add tap water to dilute. Stay clear as it may spatter. Return pot onto low heat and let syrup boil for about 3-4min.
5. Once pot of water is boiling add soaked rice and cook until it is almost cooked.
6. Immediately drain and return pot of rice back onto the stove. Reduce heat to low. Now add syrup and powdered spices, stir briskly, cover and let it cook gently on low heat.
7. In a pan fry carrots until softened. Remove from pan and keep aside.
8. Repeat step 7 with almonds, pistachio and sultanas. These need to be very quick, say about 30s to a minute each.
9. Remove from pan and keep aside.
10. When rice is cooked dish it out on a serving plate and garnish with a layer of carrots, almonds, pistachio and sultanas.
11. Serve while it’s still warm and ENJOY!!!!