

Lemon and Herb Brown Rice

About this Recipe

Meal: Side

Serves: 4 servings

Prep time: 5 minutes

Cook time: 20-30 minutes

Category

Dietary Preference

- ✓ Dairy-Free
 - ✓ Gluten-Free
 - ✓ Low FODMAP
 - ✓ Nut-Free
 - ✓ Omnivore (Everything)
 - ✓ Pescatarian
 - ✓ Vegan
 - ✓ Vegetarian
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Nutrition Information

Serving Size: ½ cup cooked

Calories: 140

Protein: 2 grams (0 hands)

Fat: 8 grams (1 thumb)

Low Carb: 0 grams

Moderate-High Carb: 17 grams (1 cupped hand)



Registered Dietitian's Notes

Brown rice is a fiber-packed whole grain. This gluten-free complex carbohydrate has a low glycemic index, which means it breaks down slowly and keeps you feeling full. Brown rice provides the body with a variety of vitamins and minerals, including magnesium, zinc, and iron.

Ingredients

- 1 cup brown basmati rice
- 2 cups (500ml) water
- 1 teaspoon salt
- 1 lemon
- ¼ cup mixed fresh herbs: Italian parsley, mint, and cilantro (coriander)
- 2 tablespoons olive oil

Directions

1. If possible, soak the rice in two cups (500ml) of water for 20 minutes. This removes some of the starch and makes the rice easier to digest. Use a sieve to strain off the soaking water. Add the rinsed rice to a pot with three cups (750ml) of fresh water and 1 teaspoon of salt.
2. Bring the rice to a boil. Then, lower the heat and allow it to simmer for 20–30 minutes. The rice will be done when it has softened but still holds its shape and is slightly chewy.
3. Strain off the excess water and tip the rice back into the pot. Cover and allow the rice to steam (off the burner) for 10 minutes before serving.

4. While the rice is steaming, grate the zest of half a lemon and finely chop the mixed herbs.
5. Before serving, dress the rice with the olive oil, lemon zest, and mixed herbs.



Serving Suggestion

Cook a batch of rice at the beginning of the week to add to [salads](#) for lunch or to accompany a quick dinner. This herbed rice goes well with curries, and you can also add a few tablespoons to one of our [fish recipes](#).