



## **CILANTRO LIME BROWN RICE**

Prep Time 5 minutes

Cook Time 40 minutes

Total Time 45 minutes

Servings : 4

### **INGREDIENTS**

- 1 cup brown rice
- 1/3 cup cilantro finely chopped
- 1 tsp minced garlic
- 2 tbsp lime juice

- 1/2 tsp lime zest
- 1 tsp avocado oil (or any other cooking oil)
- 2 1/2 cup water (or chicken or vegetable stock)
- salt and pepper

## **DIRECTIONS**

1. Heat oil in a pot on medium heat. Add minced garlic and sauté for about 30 sec.
2. Add cilantro, lime juice, lime zest and brown rice and sauté for 3-4 min.
3. Then add water and bring the mixture to boil. Season with salt and pepper
4. Simmer rice on low heat for about 35-40 min or until rice is tender.
5. Garnish with some fresh cilantro and lime wedges. Serve warm to enjoy a bowl of cilantro lime brown rice.