
BASMATI RICE WITH CILANTRO

1 tablespoon	Extra virgin olive oil
2 cloves	Garlic, chopped
½	Onion, small diced
1 cup	Basmati rice, rinsed and drained well
1 ½ cups	Chicken or vegetable stock
1 tablespoon	Chopped cilantro
Salt and black pepper	

Pre-heat oven 350-degrees convection bake

- Over high heat, heat an oven proof sauce pan, add the olive oil and heat until hot.
- Add the garlic and onion and sauté until they just start to brown about 3-4 minutes.
- Add the washed rice to the pan toss well to coat the rice in the oil.
- Add the stock and cilantro and bring to a boil. Season with salt and black pepper.
- Cover with a lid or foil and place in the oven. Cook about 15 minutes and stir very well, place back in the oven and cook for another 15 minutes. Remove from the oven and fluff the rice and serve warm.