



Wise Woman
Ayurveda
Consultations &
Education for Women

Fennel Rice with Green Peas

This simple rice dish combines the gentle sweetness of green peas with the subtle licorice notes of fennel.

Servings: 2

Preparation Time: 30-40 minutes



Ingredients

- 1 tablespoon **ghee** (or **make your own ghee**)
- 1 teaspoon **fennel seeds**
- 1 cup **basmati rice**, rinsed
- 1¾ cups water
- ½ teaspoon **pink salt**
- 1 cup green peas (fresh or frozen)
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon lime juice (optional)

Instructions

1. Rinse the rice until the water runs mostly clear.
2. Warm the ghee in a medium saucepan over medium-low heat.
3. Add the fennel seeds and cook for about 30 seconds, until fragrant.
4. Stir in the rice and sauté for 1 minute, coating the grains with the ghee and fennel.

Fennel Rice with Green Peas (Cont.)



Instructions (Cont)

5. Add the water and salt and bring to a gentle boil.
6. Reduce the heat to low, cover, and cook for 12 minutes.
7. Scatter the peas over the rice without stirring.
8. Cover again and continue cooking for 5-7 minutes, until the rice is tender and the peas are bright green.
9. Remove from heat and let sit, covered, for 5 minutes.
10. Fluff gently with a fork and stir in the cilantro and lime juice, if using.
11. Serve warm. Pair with **Summer Vegetable Curry**, **French Lentil Dal**, **Roasted Vegetables**, or **Sautéed Summer Vegetables**.

Fennel is one of Ayurveda's most beloved spices for Pitta because it adds flavor without excessive heat. Green peas offer mild sweetness and fiber, while basmati rice provides grounding nourishment that is easy to digest.

Fennel Rice with Green Peas (Cont.)



Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

