

# South African Yellow Rice

Yield: 4 min  
Total Time: 27 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-style-rice-recipe>

## Ingredients:

- 3 tablespoons cooking oil /butter
- 1 onion medium, chopped
- 1 teaspoon smoked paprika
- 2 teaspoons minced garlic
- 1/2 teaspoon white pepper
- 2 cups white rice
- 1 1/2 teaspoons turmeric powder
- 1/4 teaspoon curry powder optional
- 4 cups chicken stock or water
- 1 1/2 teaspoons salt or more adjust to taste
- 1/2 teaspoon cayenne pepper optional
- 1 cup peas or more, defrosted
- black pepper to taste
- 3 tablespoons cooking oil /butter
- 2 cups white rice
- 2 tablespoons brown sugar
- 1 1/2 teaspoons turmeric powder
- 1/2 teaspoon powder ginger
- 1/4 teaspoon curry powder optional
- 4 cups chicken stock or water
- 1 1/2 teaspoons salt or more adjust to taste
- 1/2 cup raisins

## Nutrition:

1. Calories: 1310 calories
2. Carbohydrate: 222 grams
3. Cholesterol: 15 milligrams
4. Fat: 31 grams
5. Fiber: 7 grams

6. Protein: 35 grams
  7. SaturatedFat: 2 grams
  8. Sodium: 2830 milligrams
  9. Sugar: 29 grams
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