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# Avocado-Fennel Rice

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## Ingredients

- 1 C cooked rice, quinoa, or grain of your choice
- 3-4 tsp coconut oil (or ghee)
- 1 tsp cumin seeds
- ½ tsp mustard seeds
- ½ tsp turmeric
- ½ tsp chili powder
- 1 ripe avocado
- Pinch Maldon salt
- freshly cracked pepper to taste
- handful of chopped fresh fennel root
- handful of chopped cilantro for garnish and a squeeze of lime

## Method

- Warm the oil in the pan and add cumin and mustard seeds; cook until they begin to sizzle and pop.
- Add the fennel root and cook it down until it is soft.
- Add the rice and coat thoroughly with the oil and fennel.
- Add the turmeric and chili powder; and again, make sure you coat everything thoroughly.
- Cut up the avocado and mix it into the rice. Mash the avocado completely into the rice (it may take a while to do this, but don't worry about crushing the rice).
- Garnish with chopped cilantro and a squeeze of lime.

## Notes

Avocado is an amazing little fruit – packed with healthy fats and proteins. They deliver a terrific source of healthy oils to the body and their cool nature provides great support for dry or irritated GI tracts. And, yes, this would also provide a terrific starter to another Lotus Bowl.