# Kitchari

SERVINGS: 4-6          PREPPING TIME: 15-20 MIN          COOKING TIME: 30-40 MIN

## Ingredients

- 1 cup of lentils (red or green) red take less cooking time
- 1 cup basmati rice
- 2 teaspoons ground cumin
- 1 tablespoon ground coriander
- 1 teapsoon tumeric
- 1 teaspoon garam masala
- 1 tablespoon ghee

- 1 teaspoom mustard seeds
- 1 tablespoon fresh ginger, chopped finely
- 1 tablespoon fresh red chilli. chopped finely
- 1 teaspoon black pepper, ground
- 1 teaspoon himalayan or sea salt
- 2 cups hot water

## Optional Additional Ingredients

- 2 tomatoes, diced
- 1 large carrot, finely grated
- 1-2 zucchini, finely grated
- 4 large spinach leaves, chopped or 2-3 cups of baby spinach

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## Directions

1. Rinse the lentils and rice and soak for 2 hours (or overnight), in enough water to cover them.
2. Heat the ghee in a large saucepan and when hot but not smoking, add the mustard seeds. Fry for a couple of minutes until they begin to pop.
3. Add the ginger and chilli and fry for 2-3 minutes.
4. Add cumin, coriander, tumeric, garam masala, pepper and salt. Fry for a further 2-3 minutes. Spices will become fragnant.
5. Drain soaked lentils and rice.
6. Add rice to the saucepan. Stir, coat the rice in spices. Add 2 cups of hot water or more, enough to cover.
7. Stir the mixture well, bring to the boil, then reduce heat, cover and simmer. After 10 minutes, add the lentils (red lentils take about 10-15mins) and chopped tomatoes, if using. (Green lentils will take longer 15-20 mins).
8. Stir occasionally until lentils are tender but not mushy. You may need to keep adding water. be generous, the mixture will soak it up.
9. Before serving, add carrot, zucchini and spinach, stir and cook for further 2-5 mins.

Serve with: (optional)
Fresh grated ginger + fresh coriander
Squeeze fresh lemon
1/4 teaspoon of ghee