

Happy Mouth[®]

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Food Experiences at Home
and Around the World.*

Lentils and Rice (Mujadarrah)

Ingredients

Rice (3 rice cooker scoops will make a nice big batch. Otherwise, as much rice as you would normally cook up for dinner)

1-2 Cans lentils (green ones preferably as they hold their shape)

2 Medium white onions finely diced

1 tsp. Salt

1 tsp. Black pepper

1 tsp. Cumin

Splash lemon juice

1/4 cup Olive oil

Directions

Cook rice in advance.



1. Coat a large frying pan or wok with 1/4 cup olive oil, and heat up.
2. Add onions to the oil, moving them around occasionally until they are on the edge of nicely browned and about to turn black. They should be fried up enough that you would eat them right out of the pan should it be socially acceptable. Save a few onion bits for garnishing later if you'd like.
3. Deglaze with a splash of lemon juice, about 2 tablespoons or one "whoosh" around the pan with a squeeze bottle of Real Lemon.
4. Add salt, pepper and cumin to the bubbling onions.
5. Add rice to pan and toss it around to coat it in the oil, onions and spices.
6. Add lentils to the mixture and combine.
7. Serve with a blob of sour cream or Greek-style yogurt on top and additional fried onion bits if desired.

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