



## KOSHER!

**Serves 4**

### ❖ Ingredients

- 150 g basmati rice
- 100 g brown lentils
- 100 g macaroni or Gluten free options made from quinoa, rice e.g.
- 110 g chickpeas (half of tin)
- ½ tablespoon of cinnamon
- ½ tablespoon of cumin

#### Crispy onion

- 2 onions
- 2 tablespoon of corn starch

#### Tomato Sauce

- 6 tomatoes
- 1 brown onion
- 3 cloves of garlic
- ½ tablespoon of coriander powder
- ½ or 1 teaspoon of chili (depends on your spice tolerance)
- ½ tablespoon of maple syrup or any other sweetener of your choice
- 3 tablespoon of white wine vinegar
- Pinch of salt

## ❖ Method

1. Cook the lentils for approx. 12-15 minutes. Note: when the lentils are ready, they should not be fully cooked. They should be only par-cooked and still have a bite to them as they need to finish cooking with the rice.
2. Soak your rice for at least 1 h and cook for approx. 12-15 min (similar way to lentils, only until is par-cooked )
3. Make the tomato sauce:

- In a saucepan heat the oil and fry the onion and garlic
- Add coriander powder and chili
- Blend tomatoes in a blender and pour it into the saucepan
- Reduce the sauce
- Add maple syrup, vinegar and salt and cook it for another 2 min

4. Make the crispy onion

- Slice onions into rings. Toss them in the corn starch
- In a large pan heat the oil, cook the onion rings, stirring often, until they turn a nicely brown. Onions must be crispy, but not burned (15-20 minutes)

5. Cook your macaroni (per packet instructions)
6. In meantime heat the oil, add cumin, cinnamon, rice and lentils and a bit of water, cook it for about 3-4 minutes
7. Microwave chickpeas (1 min) (or bring to boil in a pan)
8. Assemble the dish together.

- Fluff the rice and lentils with a fork and transfer to a serving platter
- Add the cooked macaroni
- Pour half of the sauce on top
- Add chickpeas
- Put all the crispy onions on top
- Add remaining sauce on the side of the dish