

Rice and Red Lentil Kitchree

1 cup red lentils
1 cup moong dhal yellow (optional)
2/3 cups long grain basmati rice
2 onions
2 tbsp ghee
2 tomatoes
1/2 tinned chopped tomatoes
3/4 cloves, cardamoms, 2 red whole kashmiri
2 tsp chilli powder
Turmeric
Crushed ginger
Garlic paste to taste



Chop onions and dice/chop tomatoes.

Soak the rice, lentils and dhal after washing them thoroughly.

In a pan, add the ghee on a low heat.

Fry the dry spices (cloves, cardamoms, kashmiri), then add the chopped onions and fry until golden.

Add the tomatoes, ginger and garlic paste on a low heat, ensuring it does not burn.

When the tomatoes are cooked, drain and stir in the soaked rice and dhal. Do not add the water.

Fry for a few minutes.

Add the turmeric and chilli powder (you could also add some cumin powder at this stage).

Add freshwater to cover the rice fully.

Add salt to taste.

Put the lid on the pan and cook on a medium heat.

Garnish with fresh chopped coriander and eat with yoghurt or pickles

Shared by Harjinder Kaur, Community Leader, on behalf of one of the members from the Satrang Peer Support Group, Wolverhampton