

Middle Eastern Lentils & Rice

INGREDIENTS

6 onions
3 cloves garlic
1 1/2 cups brown lentils
1 cup long-grain brown rice
4 cups water
2 tsp ground cumin
1/2 tsp ground cinnamon
1/2 tsp ground allspice
4 tbsp canola oil
1 tsp salt
1/2 tsp black pepper, ground
1/2-1 cup fresh herbs (such as cilantro, mint, or parsley)
Salt, to taste
Black pepper, ground, to taste

METHOD

1 Prep. Preheat the oven to 350°F (175°C). Dice one of the onions and mince the garlic. Rinse and drain the brown lentils and brown rice separately.

For the crispy onions, cut the remaining onions in half, then slice them. Separate the slices with your hands. Roughly chop the fresh herbs.

2 Cook the Lentils and Rice. Heat a large pan over medium-high heat. Add add 2 tbsp of the canola oil and diced onion. Cook for 5-8 minutes, until the onion softens and begins to brown. Reduce heat to low. Add the garlic and cook for about 30 seconds. Add the ground cumin, ground cinnamon, and ground allspice. Cook for another 30 seconds.

Next, add the brown rice and stir to combine. Add the water and bring to a simmer. Cook for 10-15 minutes. Add the lentils, stir, and bring back to a boil. Reduce heat to low, cover, and cook for about 20-30

TIPS & ADDITIONAL INFORMATION

Long-grain white rice can be used instead of brown rice. If using white rice, cook the lentils with the onions for about 15 minutes before adding the rice so both finish cooking at the same time.

Middle Eastern Lentils & Rice

METHOD (continued)

minutes, until the lentils and rice are tender. If the mixture becomes dry before fully cooked, add a little more water.

Season with salt and freshly ground black pepper. Remove from heat and let rest for about 10 minutes.

3 Cook the Crispy Onions. Spread the sliced onions on a parchment-lined baking sheet. Toss with 2 tbsp of the canola oil. Bake for about 45 minutes, tossing occasionally, until the onions are golden with some crispy edges.

4 Serve. Fold half of the crispy onions into the lentil and rice mixture. Serve topped with the remaining crispy onions and chopped fresh herbs. Season with additional salt and freshly ground black pepper if needed.

TIPS & ADDITIONAL INFORMATION

Additional toppings such as diced tomatoes or avocado can also be added when serving.