

# Majadra – Lentils and Rice

Bialik College Kitchen Garden Program



## Ingredients:

- 1 ½ cups brown lentils, washed and drained
- 1 ½ teaspoons table salt
- 5 cups water
- 2 medium brown onions, cut in half and finely sliced
- 150ml olive oil
- 1 cup Basmati or long grain rice, washed and drained

## Equipment:

- metric measuring spoons and scales
- chopping board
- cook's knife
- medium saucepan
- frypan
- strainer
- wooden spoon

## Method:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place lentils and salt in a large saucepan with 3 cups water, cover and bring to the boil over high heat. Once the pot is boiling, add another cup of water and boil for 15 minutes (the extra water stops the lentils from splitting). The lentils should be tender but not mushy.
3. While the lentils are cooking, fry onions in oil until brown but be sure not to burn them.
4. Set aside a quarter of the cooked onion and add the remainder, together with its oil, to the boiling lentils.
5. Add rice to the cooking pot, then add the remaining cup of water and stir to combine. Cover and cook over low heat for 20-30 minutes, or until water has been absorbed.
6. Arrange lentils on a platter and sprinkle reserved onion on top before serving.