



UCCOOK

Lebanese-style Lentils & Rice

with coconut yoghurt & fresh mint

Hands-on Time: 50 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Jemimah Smith

Wine Pairing: Zevenwacht | The Tin Mine Red

Nutritional Info

	Per 100g	Per Portion
Energy	425kJ	3649kJ
Energy	102kcal	872kcal
Protein	4.3g	36.6g
Carbs	19g	162g
of which sugars	3.7g	31.6g
Fibre	4.2g	35.9g
Fat	1.2g	10.1g
of which saturated	0.4g	3.1g
Sodium	120mg	1026mg

Allergens: Allium, Sulphites, Tree Nuts

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30g	40g	Almonds
2	2	Onions <i>peel & finely slice</i>
225ml	300ml	White Basmati Rice <i>rinse</i>
15ml	20ml	Vegetable Stock
450g	600g	Baby Marrow <i>rinse, trim & cut into bite-sized rounds</i>
2	2	Bell Peppers <i>rinse, deseed & cut into strips</i>
30ml	40ml	NOMU Moroccan Rub
360g	480g	Tinned Lentils <i>drain & rinse</i>
60g	80g	Dried Cranberries <i>roughly chop</i>
150ml	200ml	ButtaNutt Coconut Yoghurt
30ml	40ml	Lemon Juice
8g	10g	Fresh Mint <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter (optional)
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. NUTS & SWEET ONION Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium-high heat with a drizzle of oil and a knob of butter (optional). Fry the onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

2. STEAMED RICE WITH STOCK Place the rice in a pot with the stock and 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

3. FRIED VEG & LENTILS Place the baby marrow and the pepper in a bowl. Toss through the NOMU rub, and some oil until coated. Place a pan (use a grill pan if you have one) over a high heat. When hot, fry the baby marrow and the pepper until charred, 3-4 minutes. In the final 1-2 minutes, add the lentils. Return to the bowl and toss through the cranberries and the rice.

4. ZESTY YOGHURT In a small bowl, combine the yoghurt with the lemon juice (to taste), season and set aside.

5. LEKKER LEBANESE MEAL Scoop a generous portion of Lebanese-style rice into a bowl and top with the crispy onions. Scatter over the almonds and mint leaves and dollop over the tangy coconut yoghurt. Sahtein, Chef!