Healthy vegetarian meal

Preparation time

30 minutes

Cooking time

30 minutes

Serves

2-3

Recipe courtesy of

Nalini Deshpande



Ingredients Method Nutrition

1 cup basmati rice

1 cup red lentils

2 cups chopped baby spinach leaves

4 firm red Roma tomatoes

1 medium size Lebanese cucumber

200g fat free natural yoghurt

3 tsp leon juice

40g sultanas

half tsp turmeric powder

4 tsp cumin seeds

2 tsp black mustard seeds

5 large garlic cloves

1 tbsp extra virgin olive oil

1 tsp extra virgin olive oil

sumac powder (for garnish)

1. Wash 1 cup rice grains in cold water. The add 1.5 cups cold water and soak the rice grains for 10 minutes.
2. Use an electric rice cooker or microwave.
3. Turn on the rice cooker or cook on high in the microwave proof container with a fitting lid for six minutes.
4. After 6 minutes wait for one more minute and check rice. If rice appears uncooked cover and cook for three more minutes.
5. Open the lid only when ready to serve. Rice serving size ½ cup.
6. Wash 1 cup red lentils twice in cold water in a large heavy base saucepan. Then add 3 cups water to the lentils and bring to boil.
7. Reduce heat, add twice washed and finely chopped baby spinach leaves.
8. Wash and finely chop Roma tomatoes and add to the cooking lentils and spinach.
9. Now add freshly prepared paste of two garlic cloves, ½ tsp. turmeric powder, 1tsp of cumin seeds and 1 tsp. olive oil to the lentil mixture.
10. Cook on medium heat for 15 minutes or until lentils, spinach and tomatoes are fully cooked. Check to avoid lentils drying out, add extra water if needed.
11. When lentils are cooked, mash lentils with a round ladle. The daal is ready when it has a smooth and thick liquid consistency. Simmer on low heat for next 5-7 minutes to keep warm.
12. In another small saucepan heat 1tbs olive oil.
13. Once hot, add 2 tsp mustard seeds. . When seeds splutter add 1 tsp cumin seeds and allow to become slightly dark brown. The seeds should not burn.
14. Remove the saucepan from the heat and add paste of 2 garlic cloves to the hot oil, let the paste fry for a few seconds. Do not allow to burn.
15. Immediately pour over daal, reserving a small amount of oil and seeds in the sauce pan.
16. Squeeze the juice of ½ lemon in to the daal and stir well. Serving size for daal ½ cup
17. Wash the Lebanese cucumber. Do not peel.
18. Finely chop and add to a bowl with 200g fat free natural yoghurt and 40g sultanas.
19. Make a paste of one garlic clove and one tsp. cumin seeds using a pestle and mortar and add to the cucumber yoghurt mixture and mix well.
20. Add the remaining oil and seeds from the small saucepan and mix well.
21. Sprinkle sumac and stir. Sprinkle some more as garnish.

22. Serving size of daal ½ cup
23. Serve the tasty vegetarian meal of rice, daal and cucumber yoghurt salad.

Nutritional information is provided per serve

Engery	2149kj
Protein	18g
Saturated Fat	1.7g
Total Fat	11g
Carbohydrates	79g
Sugars	17g
Dietary Fibre	9g
Sodium	419mg