

Mahavira s Rice and Lentil Pilaf

In the Levant, Rice and lentil pilaf is vegetarian comfort staple. Mahavira s Feast is the perfect spice for this beloved and quick dish.

Ingredients:

2 TBL olive oil
1 TBL ghee or butter
1 large onion, diced
2 tsp Mahavira s feast
1 TBL garlic minced
1 TBL ginger grated
1 green or red tomato or tomatillo, diced
1 cup dried whole lentils. Soaked in warm water for 30 minutes. Then, washed well and drained.
1 cup basmati rice, washed and drained.
2 cups vegetable stock or water

Garnish

Squeeze of lemon
2 TBL chopped parsley

Spices Used: Mahavira s Feast

5 Servings

Prep Time: 20 mins

Cook Time: 1.5 hours

Instructions:

- 1 - Heat up big pot on medium heat, add olive oil and ghee.
- 2 - Add onion and cook slowly for 20 minutes on medium heat, stirring occasionally.
- 3 - Add Mahavira s Feast spice and cook for two minutes.
- 4 - Add ginger and garlic and cook for two minutes
- 5 - Add tomato and cook for 5 minutes or until spice and oil separate a bit.
- 6 - Add lentils. season with salt and stir to cook for a few minutes.
- 7 - Add rice and mix.
- 8 - Add stock, bring to a boil. Cover and lower heat. Simmer for 15 to 20 minutes or until liquid is absorbed and lentils are tender.
- 9 - Remove from heat, stir in lemon juice and chopped parsley
- 10 - Serve with a Tomato cucumber basil salad and plain yoghurt