



Nourish Your Body & Soul

LENTIL RICE PILAF

with cucumber yogurt sauce

INGREDIENTS

- 1 cup brown lentils
- 4 1/2 cups water (divided)
- 1/4 cup olive oil
- 1 medium onion
- 2 cloves garlic (divided)
- 3/4 cup long grain white rice
- 3/4 tsp ground cumin
- 1 1/4 tsp salt (divided)
- 1/2 tsp black pepper (divided)
- 1/4 tsp dried mint
- 1 cup plain yogurt
- 1/4 of a cucumber

TOOLS

- 3 qt pot with lid
- 12 inch frying pan with lid
- Large cooking spoon
- Colander (fine mesh or small holes)
- Cutting board
- Chopping knife & paring knife
- Small bowl
- Soup spoon

MAKE IT VEGAN

- Skip the sauce or substitute nut yogurt.

PREP TIME: 5 MINS

COOK TIME: 45 MINS

TOTAL TIME: 50 MINS

PREP IT

1. Pour the lentils in to the colander. Remove any debris and rinse with cold water.

COOK IT

1. Combine the lentils and 2 1/2 cups of the water in the 3 qt pot. Bring to a boil, then simmer (covered) for 20-25 minutes, until tender.
2. Meanwhile, mince the garlic (setting aside 1/4 tsp for the sauce) and finely chop the onion.
3. Heat the olive oil in the frying pan over medium heat. Add the onions and garlic, and stir often until the onions are golden, about 15 minutes.
4. Meanwhile, make the sauce: peel the cucumber, chop it finely, and combine it in the small bowl with the reserved garlic, yogurt, dried mint, 1/4 tsp salt and 1/4 tsp pepper. Stir well with the soup spoon.
5. Add the rice, cumin, 1 tsp salt and 1/4 tsp pepper to the frying pan. Stir until the rice looks opaque, about 3 minutes.
6. Drain the lentils and add them to the frying pan with 2 cups of water. Bring to a boil over high heat, then reduce heat and simmer, covered, until the rice is tender to bite and the liquid is absorbed, about 15 minutes.
7. Serve with the yogurt sauce.