

This stew of lentil and rice is the ultimate Middle Eastern comfort food. The beauty of this dish is in its simple ingredients, that are inexpensive, wholesome, and always available in every house pantry. Serve it along with our shuk salad (a fresh chopped salad – see recipe in our website) and you have nailed a super nutritious and satisfying meal.

Mejadra (Rice and Lentils) Serves 6-8

Ingredients

- 1 cup brown or green lentils, rinsed.
- 1 cups long-grain white rice soaked in water for 10–15 minutes and then drained.
- 3 1/2 cups water (2 for cooking the lentils, 1 1/2 when adding the rice)
- 3 white onions, chopped.
- 3 Tablespoons olive oil
- 2 teaspoons ground cumin
- 1 teaspoon Kosher salt
- 1/4 teaspoon black pepper
- Bunch of fresh parsley chopped – for garnish.

Preparation

- Heat the olive oil in a large skillet over low heat, add the onions and cook, stirring frequently, until brown (If you wish to achieve a crispy onion texture toss the onion in a bit of flour before frying). Keep frying onions in the skillet until dark brown. Transfer to a small bowl and set aside.
- Place the lentils in the same large skillet with 2 cups of the water. Bring the water to a boil over high heat, and then reduce the heat and simmer, cover until the lentils are soften (10-12 minutes).
- Add the rice to the lentils, and 1 1/2 cups of water. Season with cumin, salt, and pepper. Simmer, covered, over very low heat until the liquid has been absorbed and the lentils and rice are tender (about 15 mins). You may need to add more water toward the end; check after 10 minutes. Remove from the heat and let rest, covered, for 5 minutes.
- Remove the mejadra to a serving bowl and mix in the fried onions. Scatter fresh chopped parsley.