




Product Spotlight: Onion


Onions are loaded with numerous health benefits. They provide a very good source of vitamin C and B6, iron, folate and potassium. Onions may also have anti-inflammatory properties.



Mujadara Lentil Rice with Caramelised Onion

Curried cauliflower, served over lentil rice and topped with caramelised onion, finished with a dollop of coconut yoghurt.

 30 minutes

 4 servings

 Plant-Based

Spice it up!

Serve this dish with a nice fruit chutney if you have some. It also goes well with crunchy pappadums or toasted almond flakes on top.

Per serve: **PROTEIN** 13g **TOTAL FAT** 3g **CARBOHYDRATES** 67g

FROM YOUR BOX

PUY LENTILS/BROWN RICE	300g
BROWN ONION	1
CARROT	1
SUGAR SNAP PEAS	250g
RADISHES	1 bunch
CORIANDER	1 packet
LEMON	1
CAULIFLOWER	1
CURRY PASTE	2 sachets
COCONUT YOGHURT	120g

FROM YOUR PANTRY

oil for cooking, salt, pepper, vinegar (of choice), sugar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

We used red wine vinegar and brown sugar to caramelize the onion. If preferred, you can cook the onion with the cauliflower instead.

If you have some garlic you can add 1/2 a crushed clove to the yoghurt.



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1. COOK THE LENTIL RICE

Add lentil and rice mix to a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes until tender. Drain and rinse.



2. CAMELISE THE ONION

Heat a frypan over medium–high heat with **oil**. Slice and add onion. Cook for 5 minutes until softened. Stir in **1 tbsp vinegar** and **2 tsp sugar** (see notes). Cook for a further 5–7 minutes until caramelised. Remove and set aside.



3. PREPARE THE SALAD

Meanwhile, julienne or grate carrot, trim and slice sugar snap peas, slice radishes. Chop coriander. Toss together with 1/2 lemon juice.



4. COOK THE CAULIFLOWER

Reheat frypan over medium–high heat with **oil**. Cut cauliflower into small florets. Add to pan along with curry paste and **1/2 cup water**. Cover and cook for 8–10 minutes until tender. Season with **salt and pepper**.



5. PREPARE THE YOGHURT

Combine coconut yoghurt with remaining 1/2 lemon juice (see notes). Season with **salt and pepper**.



6. FINISH AND PLATE

Arrange lentil rice on a large serving plate. Top with cauliflower and caramelised onion. Dollop with yoghurt and serve with salad on the side.

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