

## RECIPE: WARM LENTIL AND RICE SALAD

### INGREDIENTS:

- 1 cup (185g) green lentils
- 1 cup (200g) basmati rice
- 4 large red (Spanish) onions, finely sliced
- 4 cloves garlic, crushed
- 1 cup (250ml) olive oil
- 45g (1 1/2 oz) butter
- 2 tsp ground cinnamon
- 2 tsp ground sweet paprika
- 2 tsp ground cumin
- 2 tsp ground coriander
- 3 spring onions, chopped
- Freshly ground black pepper

### METHOD:

1. Cook the lentils and rice in separate pans of water until the grains are just tender and then drain.
2. Meanwhile, cook the onions and garlic in oil and butter for 30mins, over low heat, until very soft.
3. Stir in cinnamon, paprika, cumin and coriander and cook for a few mins longer.
4. Combine the onion and spice mixture with the well-drained rice and lentils. Stir in the chopped spring onions until combined.
5. Add ground pepper to taste
6. Serve warm

NOTE: Do not use red lentils for this recipe as they become mushy very quickly and do not retain their shape.

**Preparation time:** 15 mins

**Total cooking time:** 40 mins

Serves 6