



KITCHARI

This week's recipe of the week is shared by Elle Spence of [My Country Table](#). Warming and comforting, Kitchari is very similar to dhal but has the added bonus of brown rice, making it satisfyingly filling and nutritious, perfect for the change of season.

Serves: 4-6

Ingredients:

1 *Brown Onion*, diced
2 *Stalks Celery*, diced
1 *Carrot*, sliced into half-moons
1 *Zucchini*, sliced into half-moons
1/2 *Cup Brown Rice*
1 1/2 *Cups Split Mung Bean Dal or Red Lentils* (or a mixture of both)
2tsp *Fresh Ginger*, finely grated
1tbs *Tamari or Soy Sauce*
1 *Bay Leaf*
50g *Baby Spinach*
2tsp *Mustard Seeds*
1tsp *Ground Turmeric*
1/2tsp *Whole Fennel Seeds*
1tsp *Ground Cumin*
1tsp *Ground Coriander*
1/2tsp *Chilli flakes*
1/2tsp *Fenugreek Seeds*
1 *Vege Stock Cube*, reduced salt
1400ml *Warm Water*
Olive Oil
Pepper & Salt to taste

Toppings:

1 *Lime*, juiced
1 *Cup Natural Coconut Yoghurt*
1/2 *Bunch Fresh Coriander*, roughly chopped

Method:

Heat a large cast-iron crockpot or large saucepan and add a generous glug of oil. Add in your onion, celery, carrot, and zucchini and sauté on high until golden brown.

Add all of your spices & fresh ginger and stir to coat all of your vegetables, cooking for 1 min until spices are fragrant.

Add your rice, lentils, water, stock cube, and Tamari. Stir and place a lid on your pot to simmer on low for 45 mins, checking and stirring occasionally.

Remove the lid, stir and continue to cook for a further 20 mins or until rice and lentils are soft and it has thickened up nicely.

Remove from heat and add your spinach and stir through until wilted. Taste your Kitchari and check the seasoning if you need some salt now is the time to add it. I love adding lots of freshly cracked pepper into the pot at the end.

Serve into bowls topped with loads of fresh coriander, coconut yogurt, and lime juice.

Vegan | Gluten-Free | Dairy-Free | Refined Sugar-Free