



LENTIL & RICE SOUP

INGREDIENTS

2 cups green lentils, washed
1 cup rice, washed
1/2 onion, diced
2 tbs rice bran oil
1/2 tsp salt
1/2 tsp ras el hanout
1/2 tsp crushed black pepper
1/2 tsp mixed spice (baharat)
garnish
parsley, chopped

METHOD

- Add lentils to large saucepan containing 3 litres boiling water and simmer for 4 minutes.
- Add the rice and spices, then boil for a further 10 minutes.
- Meanwhile, warm the oil in a frying pan and colour the onion.
- Then add the onion to the lentil, rice and spices mix.
- Simmer for another 4 minutes, garnish and serve.