



# HEALING KITCHARI

SERVES 2 OR 4

TIME: 35 MIN

CALORIES: 820/SERVING



Kitchari is a traditional Indian and Ayurvedic healing meal that is full of soothing nutrients. A mix of rice, lentils, and vegetables get cooked in warming spices then topped with tangy coconut yogurt, fresh cilantro, and lime juice. This dish is full of anti-inflammatory foods, plant proteins, and fibre to keep you fueled and nourished.

## WHAT YOU'LL NEED

- Large pot
- Oil
- Salt
- Pepper





OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

2 servings

4 servings

Shallot	1	2
Carrot	1	2
Cauliflower	1 head	2 head
Spice blend	1.5 tbsp	3 tbsp
Brown rice +	1 cup	2 cups
Red lentils	1/2 cup	1 cup
Lime	1	1
Coconut yogurt	1/4 cup	1/2 cup
Cilantro	1/8 bunch	1/4 bunch



Prep ingredients: rinse and drain the **lentils** and **rice**, dice the **shallot**, peel and dice the **carrot**, roughly chop the **cauliflower** into small pieces, roughly chop the **cilantro**, and cut the **lime** into wedges.



Warm 1 tbsp of **oil** (2 tbsp for 4 servings) over medium heat in a large pot. Once hot, add the **shallot, cauliflower, and carrot**. Cook, stirring often, until tender.



Add in the **spice blend** and a pinch of **salt** and **pepper** and cook for another minute, until fragrant.



Mix in the **rice** and **lentils** and add 3 cups of **water** (6 cups for 4 servings). Stir to combine, and bring to a boil then lower to a simmer, cover, and cook for 20 minutes until water is absorbed and **rice** and **lentils** are cooked.



Divide between bowls and top with the **coconut yogurt, cilantro, lime wedges, and salt** and **pepper** to taste.

Nutrition Facts		Valeur nutritive	
Per Serving (566 g)			
pour 1 (566 g)			
<b>Calories 820</b>		<b>% Daily Value*</b>	
		<b>% valeur quotidienne*</b>	
<b>Fat / Lipides</b> 24 g			32 %
Saturated / saturés 4.0 g			20 %
+ Trans / trans 0 g			
<b>Carbohydrate / Glucides</b> 129 g			
Fibre / Fibres 27 g			96 %
Sugars / Sucres 11 g			11 %
<b>Protein / Protéines</b> 27 g			
<b>Cholesterol / Cholestérol</b> 0 mg			0 %
<b>Sodium</b> 130 mg			6 %
Potassium 1450 mg			31 %
Calcium 150 mg			12 %
Iron / Fer 8 mg			44 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			

