WEBSITE : DELICIOUS FOOD

TOPIC : FOOD RECIPES

VEGETARIAN

HEALTHY

KUSHARI

Prep Time-15 mins

Cook Time-1hr 7 mins

Total Time-1hr 22mins

Ingredients Required-

**For the Crispy Onion Topping**

* 1 large onion, sliced into thin rings
* Salt
* ⅓ cup all-purpose flour
* ½ cup cooking oil

**For Tomato Sauce**

* Cooking oil
* 1 small onion, grated
* 4 garlic cloves, minced
* 1 tsp ground coriander
* ½ -1 tsp crushed red pepper flakes (optional)
* 1 can 28-oz tomato sauce
* Salt and pepper
* 1-2 tbsp distilled white vinegar

**For Kushari**

* 1 ½ cup brown lentils, picked over and well-rinsed
* 1 ½ cup medium-grain rice, rinsed, soaked in water for 15 minutes, drained
* ½ tsp each salt and pepper
* ½ tsp coriander
* 2 cups elbow pasta
* Cooking oil
* Water
* 1 15-oz can chickpeas, rinsed, drained and warmed

Procedure-

**Make the crispy onion topping.**

* Sprinkle the onion rings with salt, then toss them in the flour to coat. Shake off excess flour.
* In a large skillet, heat the cooking oil over medium-high heat, cook the onion rings, stirring often, until they turn a nice caramelized brown. Onions must be crispy, but not burned (15-20 minutes).

**Make the Tomato Sauce.**

* In a saucepan, heat 1 tbsp cooking oil. Add the grated onion, cook on medium-high until the onion turns a translucent gold (do not brown). Now add the garlic, coriander, and red pepper flakes, if using, and saute briefly until fragrant (30-45 seconds more).
* Stir in tomato sauce and pinch of salt. Bring to a simmer and cook until the sauce thickens (15 minutes or so).
* Stir in the distilled white vinegar, and turn the heat to low. Cover and keep warm until ready to serve.

**Make the Kushari**

* Cook the lentils. Bring lentils and 4 cups of water to a boil in a medium pot or saucepan over high heat. Reduce the heat to low and cook until lentils are just tender (15-17 minutes). Drain from water and season with a little salt. (Note: when the lentils are ready, they should not be fully cooked. They should be only par-cooked and still have a bite to them as they need to finish cooking with the rice).
* Now, for the rice. Drain the rice from its soaking water. Combine the par-cooked lentils and the rice in the saucepan over medium-high heat with 1 tbsp cooking oil, salt, pepper, and coriander. Cook for 3 minutes, stirring regularly. Add warm water to cover the rice and lentil mixture by about 1 ½ inches (you'll probably use about 3 cups of water here). Bring to a boil; the water should reduce a bit. Now cover and cook until all the liquid has been absorbed and both the rice and lentils are well cooked through (about 20 minutes). Keep covered and undisturbed for 5 minutes or so.
* Now make the pasta. While the rice and lentils are cooking, make the pasta according to package instructions by adding the elbow pasta to boiling water with a dash of salt and a little oil. Cook until the pasta is al dente. Drain.
* Cover the chickpeas and warm in the microwave briefly before serving.

**Put it All Together**

* To serve, fluff the rice and lentils with a fork and transfer to a serving platter. Top with the elbow pasta and ½ of the tomato sauce, then the chickpeas, and finally ½ of the crispy onions for garnish. Serve, passing the remaining sauce and crispy onions separately.

EDAMAME-