**Lemon Rice**

Prep time: 10 min Cook time: 20 min

**Ingredients:**

* 1 cup cooked brown rice (or hand pounded rice)
* 1 tablespoon cold-pressed coconut oil (or olive oil)
* ½ teaspoon mustard seeds
* ½ teaspoon urad dal (split black gram)
* ½ teaspoon chana dal (split chickpeas)
* 1-2 green chilies, finely chopped
* 6-8 curry leaves
* ½ teaspoon turmeric powder
* 2 tablespoons fresh lemon juice
* ¼ teaspoon low sodium salt (adjust to taste)
* 1 tablespoon roasted peanuts (for crunch, optional)
* 1 tablespoon chopped coriander leaves (for garnish)

**Instructions:**

**Cook the Rice:**

1. If using brown rice, cook 1 cup of rice in 2 cups of water until soft.
2. Let it cool slightly and fluff with a fork.

**Prepare the Tempering:**

1. Heat oil in a pan on medium heat.
2. Add mustard seeds and let them splutter.
3. Add urad dal, chana dal, and sauté until golden brown.
4. Add green chilies and curry leaves; sauté for a few seconds.

**Mix in Spices:**

1. Add turmeric powder and salt, stirring well.

**Combine with Rice:**

1. Add the cooked rice to the pan and mix well to coat evenly with the spices.
2. Turn off the heat and drizzle fresh lemon juice. Mix gently.

**Garnish & Serve:**

1. Sprinkle roasted peanuts and chopped coriander leaves.
2. Serve warm with yogurt or a side of vegetables.