

Koshari

Season: Any

Type: Egyptian Main

Difficulty:  

Serves: 6

<p>Equipment: Measuring cups Measuring spoons Large bowl Wooden spoon Medium saucepan Large saucepan Knife Chopping boards and mats</p>	<p>Ingredients: 2 Tblsp olive oil 1 cup medium grain rice 1 cup brown lentils 2 cups small macaroni 2 tsp vegetable stock powder 2 cups water 1 garlic clove, crushed 1 tsp cumin 1 bay leaf ½ teaspoon salt Salt to taste</p> <p>For the Sauce: 2 Tblsp olive oil 1 small onion, diced finely 2 cloves garlic, crushed 1 can diced tomatoes 2 tsp baharat spice blend ¼ teaspoon red chilli flakes(opt) 1 Tblsp red wine vinegar Salt & pepper to taste 1 can kidney beans</p>
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Method:

- Heat 2 tablespoons of olive oil in a medium saucepan over medium-high heat.
- Add the rice and fry it for 2 minutes, then add the vegetable stock powder and water.
- Bring it to a boil, decrease the heat to low, cover and simmer for 15 minutes or until the rice is cooked.
- Rinse the lentils under cold water and add them to another medium saucepan with 2 cups of water.
- Add the garlic, cumin and bay leaf and bring it to a boil. Reduce the heat to low, cover and simmer for 20-30 minutes or until the lentils are tender.
- Once cooked, add the salt and stir to combine. Strain any excess liquid if necessary.
- Cook the macaroni according to package instructions until al dente.
- **Note: Prepare the rice, macaroni and lentils while the sauce is simmering and leave them covered in the pots to keep warm.**

To make sauce:

- Heat the oil in a medium saucepan over medium-high heat.
- Add the onion. Cook until soft and translucent, about 5-7 minutes.
- Add the garlic and saute until golden brown.
- Add the tomato sauce, baharat, salt and pepper to taste, chilli flakes (if using) and red wine vinegar.
- Bring it to a simmer, reduce the heat to low, cover and simmer for 20 minutes, stirring occasionally.
- Add the rice, lentils and macaroni to a large bowl and toss to combine and serve topped with some of the spicy tomato sauce. Top with kidney beans.