

Lentils and Rice



Serves	4-6
Prep time	25 minutes
Cook time	35 minutes
Total time	1 hour
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical
Meal type	Main Dish
Misc	Child Friendly , Pre-preparable , Serve Hot

Ingredients

- 2 Large potatoes (peeled and chopped into 1 -2 cm pieces)
- 1 1/2 tablespoon sunflower or rice bran oil
- 1 cup brown or white rice
- 2 spring onions
- 1 cup dried red lentils (or 1 tin of lentils)
- 2 cloves garlic (crushed)
- 1 Small leek (thinly sliced)
- Salt (to taste)
- 3 cups water
- 2 tablespoons lemon juice substitute (adjust to taste)

To serve: (Optional)

- 1/4 cup fresh natural yogurt
- 1/4 cup sour cream
- 1/4 cup pear chutney

Directions

1. If using dried lentils, place them in a bowl and cover with cold water, allow to stand for 15 minutes. Wash the lentils in running water until the water runs clear.
2. Heat the oil in a large pan and fry the garlic and spring onions for 2 minutes.
3. Add the leek and potato, stir and fry for 5 minutes.
4. Add the lentils, rice, lemon juice substitute and salt and fry for 3 minutes.
5. Add the water and cover the pan. Bring to the boil then reduce the heat and let simmer for 25 minutes or until the potatoes and rice are cooked. Stir frequently to prevent sticking.
6. Turn off the heat, leave the lid on the pan and let it stand for 10 minutes.
7. Serve topped with yoghurt, sour cream or pear chutney.

Note

Low Chemical / FAILSAFE

Fresh yogurt is low chemical, however amines develop as it ages. Some people may be too sensitive for even fresh yogurt.

Variation: if moderate salicylates are tolerated replace some or all of the potato with sweet potato.

Refer to the Basics page for [Lemon Juice Substitute](#) and [Pear Chutney](#) recipes.