



Mejadarra with Mushrooms

(makes 4 servings)

A mejadarra makes a great and quick main dish but also a perfect side dish for roasted meats or fish - and - it can be reheated in no time at all if you are on the go.

Ingredients

2 medium onions, peeled and finely chopped
1 tablespoon coconut oil
Sea salt
½ teaspoon ground turmeric
1 teaspoon ground cumin
1 teaspoon ground coriander
250g bag pre-cooked Puy or brown lentils
250g bag pre-cooked brown rice
250mls chicken or vegetable stock
1 tablespoon olive oil for frying mushrooms
10-12 chestnut mushrooms, sliced
A good handful of fresh coriander leaves, roughly chopped
Natural yoghurt
Finely sliced onion rings

Method

Warm the coconut oil in a shallow, wide pot, add the onions, a teaspoon of sea salt, the turmeric, cumin and coriander, stir well, place a lid on the pot and sauté very gently for about 15 minutes until the onions are soft but not browned.

Add the lentils and rice, stir well then add the stock and simmer gently with the lid off until most of the liquid has been absorbed (about 20 minutes).

Meanwhile, in separate pan, sauté the mushrooms quickly in the olive oil until they are nicely crisp around the edges, then remove from the pan, cover and set aside.

Repeat with the fresh coriander - this will only take a minute.

Once the lentil and rice mix has absorbed the stock but it is no way looking dry, mix in the mushrooms and coriander and serve topped with natural yoghurt and caramelised onion rings.