

Rice and Lentil Pilaf

2 Servings

- 1 cup Lentil and Rice mix
 - ½ cup mixed cut vegetables (green peas, corn, carrots, beans, etc.)
 - 1/4 red onion thinly sliced
 - 10-12 cashew halves (optional)
 - 1 tablespoon chopped Cilantro for garnish
 - 1 tablespoon Ghee (clarified butter) or any cooking fat such as coconut oil
 - 2 tablespoons *Seven Happy Seeds South Coast Spice*
 - 1 teaspoon Salt (or to taste)
 - 1 and ¾ cup water
1. Rinse and drain rice and lentil mix and keep aside for 10 minutes.
 2. Melt ghee in a medium pan. Add sliced onions and caramelize to a golden brown color on medium high heat.
 3. Add spice, cashews, and salt, and sauté lightly on low heat.
 4. Add vegetables and cook for 5-6 minutes, stirring occasionally.
 5. Add rice and lentils and sauté for 2 minutes.
 6. Add water and cook on high heat until most water evaporates and steam holes form.
 7. Cover with a domed lid and cook for 5 minutes on very low heat.
 8. Turn off heat and keep covered for another 5 minutes.
 9. Uncover and fluff with a fork. Garnish with cilantro and a teaspoon of ghee if desired.

Note: You may cook this recipe in a rice cooker as per instructions for cooking rice.