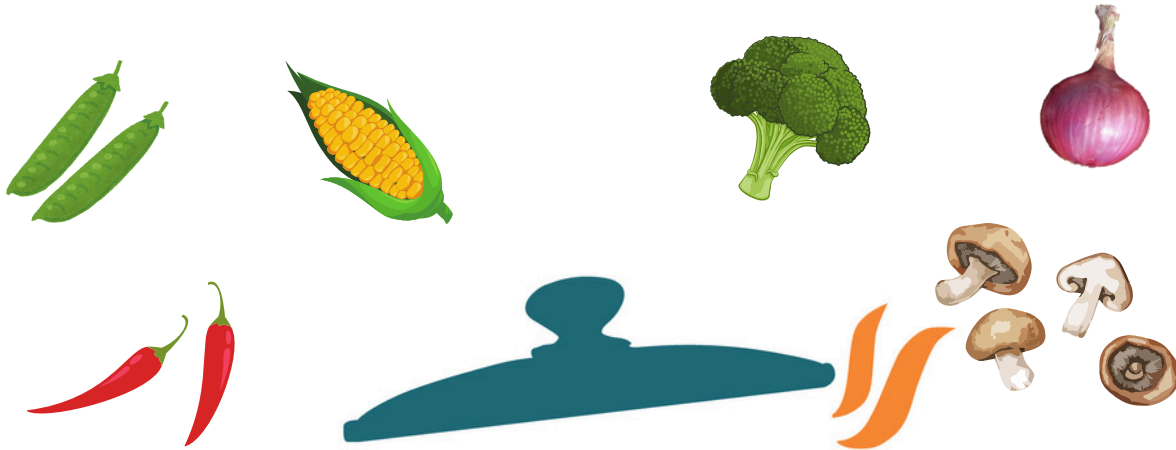




# Foodshare



## Recipe



Bendigo **Community**  
**Health** Services

**Spicy Lentils**  
**with Golden Turmeric Rice**

# Ingredients - Serves 50

## Spicy Lentils

- 8kg red lentils (whole or split)
- 500ml oil
- 4kg red onions
- 200g fresh ginger (or one small jar)
- 2 bulbs fresh garlic (or one small jar)
- 120g berbere spice
- 1kg tomato paste
- 9kg passata (tomato puree)
- 40g salt
- 8 lemons

## Golden Turmeric Rice

- 2 cups basmati (or long grain) rice
- ½ teaspoon turmeric
- 5 cloves
- 1 cinnamon stick



**Spicy Lentils**  
**With Golden Turmeric Rice**

# Method

## Lentils

- 1. Rinse lentils well until water runs clear.**
- 2. Place in a heavy-based pot and cover with water.**
- 3. Bring to the boil, reduce heat and simmer until lentils are soft. Add more water as required.**

## Spicy Sauce

- 1. Peel and very finely dice the onions, ginger and garlic.**
- 2. Place the finely diced onion into two heavy-based stock pots and heat to evaporate moisture for approx. 10 mins.**
- 3. Add oil, ginger and garlic and gently cook until the onion is soft but not brown.**
- 4. Add berbere and cook for 1-2 mins, stirring.**
- 5. Add tomato paste and cook for 5 mins, stirring.**
- 6. Add passata and simmer 20-30 mins. Add water if required.**
- 7. Squeeze juice from the lemons and combine spicy sauce, salt, lemon juice and cooked lentils. Mix well and serve.**

## Golden Turmeric Rice

- 1. Thoroughly rinse rice (approx. 3 times until water runs clear) –divide the rice into two or three portions and use a large bowl or pot.**
- 2. Place rinsed rice into rice cooker and add cold water accordingly to rice cooker instructions.**
- 3. Dissolve turmeric in cold water and add to the rice cooker, together with the cloves and cinnamon stick.**
- 4. Cook!**
- 5. When cooked, remove cloves and cinnamon stick and gently fluff rice with a fork.**
- 6. Serve**

# Spicy Lentils with Golden Turmeric Rice