

Shakshuka - Spiced Lentil and Rice

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Adapted from Rice is Life of Lotus Foods



Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 45 minutes

A North African and Middle Eastern dish. There are many variations. This recipe is made with Red Lentils, Basmati Rice, Tomato Sauce, spices and gently cooked eggs. It is finished with Feta Cheese or Greek Style Yogurt.

1/4 cup extra virgin olive oil
1 large onion, chopped
2 cloves garlic, chopped
1/4 teaspoon salt
1 teaspoon ground coriander
1 teaspoon yellow mustard seed
1/2 teaspoon ground cumin
1/4 teaspoon ground aleppo pepper, optional
1/4 teaspoon ground sumac, optional
1 cup tomato puree (tomato passata)
1 cup red lentils
1/2 cup red rice
1 quart chicken stock, or vegetable stock
1 small orange, zested
2 cups baby spinach, washed and dried
4 large eggs
4 ounces crumbled feta cheese, for serving
1/4 cup chopped cilantro, for serving

EQUIPMENT: cutting board, knife, medium sized skillet with lid, measuring cups and spoons, 2 medium size bowls, spoon, spatula, serving bowls, 3 qt saucepan with lid.

Prep all vegetables and set aside.

In the skillet, warm the olive oil over medium heat and add the onions, garlic and season with salt. Cook until softened, about 8 minutes. Add the coriander, mustard seeds, cumin and aleppo pepper and sumac. Stir all ingredients until fragrant, about 1 minute.

In the saucepan, add the red rice and 2 cups water. Precook the rice on medium heat for about 15 minutes. Drain the rice in a colander and proceed with the next step.

Add the tomato puree and bring to a simmer. Add the lentils, precooked rice and broth and stir to combine all the ingredients. Bring to a boil over high heat and then lower the heat to medium-low. Cover and simmer for 15 minutes.

Stir in the orange zest and scrape the bottom of the skillet to make sure nothing is scorching, then add the spinach on top. Cover and simmer for 5 minutes. Stir in the spinach, taste the rice and lentils, and season with salt and pepper as needed.

Make 4 wells in the top of the rice mixture. Crack an egg into each well and cover the skillet. Cook until the egg

whites are set and yolks are still runny, about 8 to 12 minutes. Season the eggs with salt.

Scoop the Shakshuka into bowls, sprinkle with the feta and cilantro, and serve

Cuisine: New Recipe

Per Serving (excluding unknown items): 350 Calories; 25g Fat (66.1% calories from fat); 13g Protein; 16g Carbohydrate; 3g Dietary Fiber; 237mg Cholesterol; 2918mg Sodium; 0g Total Sugars; 0mcg Vitamin D; 212mg Calcium; 4mg Iron; 566mg Potassium; 0mg Phosphorus.
Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 4 Fat.