



BROWN LENTILS (MJADARA)

 30 minutes

INGREDIENTS

- 200 grams of lentils, green and brown, whole, dried, raw
- 50 grams of rice, white, basmati, raw
- 1 large unit of onions, raw (150 g)
- 2 tablespoons of oil, olive (22 g)

COOKING METHOD

- 1° 1. Place the lentils in caserolle and cover with water in proportion 1:3 2. Lower the heat and cook for 15 minutes. 3. Add rice, salt, cover and cook till rice and lentils is ready. 4. Fry sliced onion in olive oil till brownish. 5. Plate lentils and top with fried onion.

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	243 kcal	12 %
FAT	6 g	10 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 %
CHOLESTEROL	0 mg	0 %
SODIUM	7 mg	0 %
CARBOHYDRATE	36 g	12 %
SUGARS	2 g	–
FIBER	1 g	3 %
PROTEIN	13 g	–