



KITCHARI

1/2 cup basmati rice
1 cup yellow split peas
6 cups water/stock
1 onion
1 garlic clove
1 knob ginger grated
1 teaspoon coriander, cumin powder, cumin seeds, mustard seeds, tumeric,
asafoetida (optional)
1 large handful fresh coriander
1 1/2 cup vegetables - broccoli, cauliflower, carrot, celery

Heat oil, cook onion, garlic and ginger. Add spices, stir then add chopped carrot and celery if using. Add rice and split peas, stock. Cook until nearly ready (20 minutes). Add Brocoli and Cauliflower and cook for a further 5 minutes. Stir through Coriander.

Serve with Yogurt and Lime