



# Kitchari (Mung Bean & Rice Porridge)

*serves 3-4*

- 1/4 cup yellow moong dahl, rinsed well
- 1/2 cup white basmati rice, rinsed well
- 5 cups water
- 1/2 teaspoon sea salt
- 2 teaspoons ground cumin
- 1 teaspoon ground turmeric
- Pinch freshly ground black pepper
- Pinch of asafoetida
- 1 tablespoon ghee, or other oil
- 1 teaspoon brown mustard seeds
- 2 tablespoons chopped cilantro
- Squeeze of lemon
- Spiced crispy rice
- Microgreens

Place the mung dal and rice in a medium saucepan with the water and bring to the boil. Add salt and cover. Reduce heat to the lowest setting and simmer while you prepare the spices.

Combine the cumin, turmeric, black pepper and asafoetida in a small bowl.

Heat a small sauté pan over medium-high and add the ghee, allowing it to melt. Add the mustard seeds and stir until they start to sizzle and pop, about 10 seconds. Reduce heat to medium and add the spice mixture. Cook for 30 seconds, stirring constantly so as not to burn the spices. Transfer the hot cooked spice mixture to the cooking rice and dal and mix well.

Continue to cook, stirring occasionally, until a porridge consistency is achieved, about 40 minutes or more.

Serve garnished with lemon wedges, cilantro, crispy rice and microgreens.