

NUTRITION PER SERVING:

CALORIES 348
PROTEIN 16 G
CARBOHYDRATE 62 G
TOTAL FAT 5 G

PREP TIME: 5 MINUTES
COOK TIME: 60 MINUTES

YIELD: 4 SERVINGS
SERVING SIZE: 1/4 OF ENTIRE RECIPE

INGREDIENTS:

- 1 TBSP** BUTTER
- 1 C** BROWN BASMATI OR BROWN JASMINE RICE
- 4 1/4 C** WATER
- 1 C** BROWN LENTILS
- 4 CLOVES** GARLIC, PEELED
- 1** CINNAMON STICK
- 4 1/8-INCH-T** PEELED FRESH GINGER
- 1/2 TSP** RED CURRY PASTE, (SEE NOTE) OR 1 TABLESPOON CURRY POWDER
- 1/2 TSP** SALT
- 4** SCALLIONS, TRIMMED AND SLICED



BAKED CURRIED BROWN RICE & LENTIL

- 01** Place rack in lower third of oven; preheat to 350 degrees (F).
- 02** Melt butter over medium-high heat in a large ovenproof Dutch oven; add rice and cook, stirring, until lightly toasted, about 1 1/2 minutes. (If using curry powder, add it now and cook, stirring, until fragrant, about 15 seconds.) Add water. Stir in lentils, garlic cloves, cinnamon stick, ginger, curry paste, if using, and salt; bring to a boil, stirring to dissolve the curry paste.
- 03** Cover the pot tightly with a lid or foil. Transfer to the oven and bake until the rice and lentils are tender and all the water is absorbed, 50 to 55 minutes. Fluff with a fork, removing the cinnamon stick and ginger slices. Serve garnished with scallions.

