



RECIPE OF THE WEEK: 23/01/2023

Fakorizo Pilafi (Lentils with Rice Pilaf)

Lentils offer a lot of health benefits as they are low in calories and they are an excellent source of iron. They are also rich in fibre, amino acids and antioxidants. The rice is highly nutritious containing iron, Vitamin B3 and folic acid. *Fakorizo* is a suitable dish during fasting and can be enjoyed by both vegetarians and vegans.

Ingredients

(Serves 4-5)

300g lentils
2 tbsp olive oil
1 medium onion, finely chopped
2 garlic cloves, crushed
1 leek, white part only, washed and finely chopped
300g long grain rice
1 tsp dried oregano or dried thyme
2 bay leaves
800ml water or vegetable stock
zest of 1 lemon
salt flakes and freshly ground black pepper

To serve

extra-virgin olive oil
lemon wedges

Method

1. Place the lentils in a sieve and wash them thoroughly under running cold water.
2. Fill a large casserole with cold water and add the lentils and one tablespoon of salt. Over a high heat boil for 10 minutes.
3. Transfer the lentils into a colander and let them drain.
4. In another casserole, add the olive oil, onion, garlic and leek and sauté over a medium heat for 2-3 minutes until caramelised.
5. Place the rice in a colander and wash under running cold water. Add the rice, oregano, bay leaves, water or vegetable stock and lemon zest to the casserole with the lentils.
6. Season with salt and freshly ground black pepper and cover the casserole with a lid.
7. Lower the heat and let the *fakorizo* cook for 15-20 minutes, without stirring, until the rice softens and the liquid almost evaporates.
8. Take the casserole off the heat and cover it with a tea towel and lid for 5-10 minutes.
9. Serve the *pilafi* hot with some extra-virgin olive oil and lemon wedges on the side.