



# Chef Fred's **Mujadara** (Lentils and Rice)



Mujadara is a Middle Eastern lentils and rice dish with crispy caramelized onions. Just 7 ingredients make this a perfect vegan, protein-rich (18 grams) meal packed with savory flavor!

## Ingredients:

Servings: 8

1/3 cup of white rice (rinse for 15 minutes)

1 ½ cups of lentils (rinse and drain)

½ cup Extra Virgin Olive Oil (EVOO)

1 teaspoon of salt or more to taste

1 teaspoon of black pepper

1 ½ yellow onions (chopped)

½ yellow onion (sliced)

4 cups of water

## Directions:

Heat Extra Virgin Olive Oil over high heat. Add 1 ½ onions (chopped) and cook continuously, stirring until the onions become a deep brown color (about 20 minutes)

While the onions are frying, heat another pot (medium heat) with EVOO, the rinsed lentils, and some salt (a pinch). Stir to cover the lentils with EVOO. Add water to cover the lentils (about ½ of an inch above).

Bring the pot with lentils and water to a boil, then reduce the heat to low. Cover with a lid.

In another pan, add EVOO and the sliced onions. Bring them to a deep, caramelized, crispy brown texture (but not burnt). Be patient as this takes time, don't rush it.

Drain and rinse the soaked rice and transfer to the pot of lentils, stir, and add a pinch of salt and pepper to taste. Combine the rice and lentils by gently folding together so as not to crush the lentils. Return the lid, and continue cooking on low heat. (Lines 2-5 takes about 15 -20 minutes)

Once the chopped onions are a deep brown and the edges are starting to get crispy, gently fold them into the lentils and rice. Taste to make sure the lentils are done but not mushy, you want them al dente.

When the sliced onions are caramelized, transfer to a paper towel-lined plate. (Takes about 20 minutes)

Transfer cooked lentils to a plate and top with the sliced onions. Enjoy! [Salad recipe below](#)

***“Sahtein!” which in Arabic means to your health or enjoy your meal!! - Chef Fred***



# Chef Fred's Grape Tomato & Cucumber Salad



Enjoy on top of lentils or on the side for a taste of freshness!

## Ingredients:

1 pint of grape tomatoes  
1 English cucumber  
½ cup of freshly chopped parsley  
¼ cup of fresh mint  
1 teaspoon of salt (more to taste)

1 teaspoon of black pepper (more to taste)

### Dressing:

¼ cup of extra virgin olive oil  
1 ½ lemons (freshly squeezed)

## Directions:

Slice grape tomatoes in half

Slice an English cucumber down the middle, then cut into bite-sized pieces

Chop ½ cup of fresh parsley

Chop ¼ cup of fresh mint

Add tsp of salt and pepper (or more to taste)

Combine all ingredients in a bowl

Pour dressing over salad

Mix well, and enjoy on top of lentils or on the side for a taste of freshness

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