
Mung Bean & Brown Rice Kitcheri

100 g short grain brown rice
100 g whole mung beans soaked overnight
600 ml vegetable stock or water
1 carrot diced
1 small potato peeled & diced
1 celery stick sliced 1 small leek sliced
2 tbsp extra virgin coconut oil
½ tsp brown mustard seeds
1 red onion finely chopped
2 cloves garlic crushed
2 tsp ginger root grated
½ tsp fennel seeds
½ tsp turmeric
½ tsp ground coriander
¼ tsp ground black pepper
pinch of asafoetida
1 tsp grated jaggery
salt to taste
handful fresh coriander chopped

Drain the pre-soaked beans and place in a large pan with a good lid. Add the stock/water and rice, cover and simmer for 20 minutes. Now add the vegetables, except for the onion. Reheat and cover. Simmer for another 20 minutes or until the beans, rice and vegetables are soft. Add more stock/water if it starts to dry out at any point. The consistency should be moist but not sloppy. In a separate saucepan, sauté the mustard seeds in the coconut oil.

Once sizzling, cover the pan and wait for the mustard seeds to pop. Remove from the heat and wait for them to finish crackling. Carefully add the onion, ginger and all the powdered spices. Reheat and simmer for several minutes until the onion and spices are cooked. Allow it to cool. Stir the sautéed onion/spice mix into the cooked beans and rice. Reheat and season to taste. Add the jaggery and garnish with the fresh coriander.