

Less than 45 minutes

Serves 4 (as a main)

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Ingredients:

- 2 cups (500ml) brown rice
- $\frac{2}{3}$ cup (180ml) dried brown lentils
- 4 cups (1L) warm chicken or veg stock
- 2 cups (500ml) boiling water
- Salt and milled pepper
- Oil, for frying
- 3 onions, sliced into petals
- 3 Tbsp (45ml) balsamic vinegar
- 1 tsp (5ml) sugar or honey
- 4 sprigs fresh thyme
- 1 can (400g) chickpeas
- 1 packet (100g) raw cashew nuts
- Handful fresh herbs (such as rosemary or thyme), chopped
- 1 tsp (5ml) each cumin seeds and mustard seeds

Method:

1. Bring rice, lentils, stock, water and seasoning to a boil.
2. Reduce heat, cover and simmer without stirring for 14-18 minutes, until water has evaporated.
3. Heat a glug of oil in a pan on medium heat and sauté onion for about 10 minutes, stirring regularly. It should be turning golden but not brown.
4. Add balsamic vinegar, sugar or honey and thyme.
5. Sauté for another 3-5 minutes, until sticky and browned. Remove and set aside.
6. Heat another glug of oil in the same pan and fry chickpeas and cashews for 5-8 minutes until golden-brown.

7. Add herbs and seeds, cooking for another minute.
8. Toss both onion and chickpea mixtures through rice.
9. Serve flavoured rice as a side with roast chicken or beef, or make it a meal and top with fried mushrooms and spinach.

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