

An easy-to-make, healthy twist on a popular high-street fast food.

**EDUCATION SECTOR: Secondary**

**SERVINGS: 10**

**ALLERGENS: N/A**



## Red Lentil Masala – Rice Box

### Ingredients

#### FOR THE RICE

600g Brown Rice

1.8ltr Water

[20g KNORR Professional Vegetable Bouillon](#)

[20g KNORR Professional Garlic Puree](#)

2 Bay leaves

#### FOR THE LENTILS

300g Red Lentils

100ml Coconut milk

[100g KNORR Professional Curry Sauce](#)

1ltr Water

#### FOR THE GARNISH

300g Red onion, diced

300g Tomatoes, diced

200g Carrots, grated

10g Coriander, chopped

100g Plant based coconut yoghurt

### Method

#### FOR THE RICE

- Place all the ingredients into a gastronorm tray, mix well then cover with cling film and foil.
- Cook in a steamer or oven for 40-45 minutes.

#### FOR THE LENTILS

- Pour all the ingredients into a gastronorm tray, cover with foil and bake for 35-40 minutes until the lentils are cooked.

#### TO FINISH / SERVE

- Mix the onion, carrots and tomatoes together then fold through the coriander.
- Place a portion of the rice into a take-away container and top with the lentil masala. Garnish with the mixed salad and yoghurt.



Visit [ufs.com/education](https://ufs.com/education) to find out more

