



Recipe

WEEK 4 - Old is Gold

Harrak Osbaoo

Recipe serves - 4 people

Ingredients	Amount	
Brown lentils	1 1/2	cups
water	5-6	cups
Pink salt	1 1/2	teaspoon
Crushed black pepper	1/4	teaspoon
Pomegranate molasses	1 1/2	tablespoons
pomegranate seeds	1	cup
Pesto:		
coriander (chopped finely)	5	tablespoons
garlic	8-9	cloves
Onion (chopped finely)	1	onion
Olive oil	2	tablespoons
Pasta		
flour	1	cup
water		
pink salt	1/2	teaspoon
coconut oil	5	tablespoons

Instructions

1. Place the lentils in a big pot and pour the water; bring to a simmer and cook uncovered for about 30 minutes.
2. Meanwhile, make the pasta by mixing the flour and salt with some water (enough to make a dough). Shape into a ball and put in a bowl, cover with cling film and set aside for 20 min.
3. Fry the chopped onion in olive oil until translucent, about 10 minutes, then add the coriander and garlic and fry for 2min, stirring a bit.



NOTES

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4. Add the pomegranate molasses, salt and pepper and half the coriander mixture to the lentils; stir a bit and put the heat to low.
5. Roll out the dough and cut it into 1 cm wide ribbons, and drop half the pasta into the lentils using scissors to cut small squares. Simmer the lentils and pasta for another 15 minutes uncovered, stirring from time to time until the stew gets thick. Add a little water if the stew gets too dry.
6. Meanwhile, heat the coconut oil and drop the other half of the pasta also using scissors to cut small pasta squares and fry until golden. Drain on paper towels
7. Place the lentils in a dish and garnish with remaining coriander mix, dried pasta and pomegranate seeds. Serve immediately.