



### **Koshari - Egyptian Street Food**

EGYPT'S NATIONAL DISH AND A WIDELY POPULAR STREET FOOD THAT ORIGINATED DURING THE MID-19TH CENTURY!

- 2 large brown onions, thinly sliced
  - 1 teaspoon cumin seeds
  - 1 cinnamon stick
  - 1 teaspoon mixed spice
  - 1/2 cup dried green lentils rinsed
  - 1 cup dried macaroni
  - 1 cup white long-grain rice
- 2 teaspoons Massel vegetable stock powder
  - 4 tomatoes, chopped
  - 1 eschalot, thinly sliced
  - 1/3 cup fresh flat-leaf parsley leaves, torn
  - 2 teaspoons white vinegar

### **Method:**

Cut onion medium thickness and roll in flour. Heat 1/4 cup oil in a large heavy-based saucepan over high heat. Add onion, stirring, for 6 minutes or until golden & crisp. Using a slotted spoon, transfer to a plate lined with paper towel.

Add cumin, cinnamon and mixed spice to the pan. Cook, stirring, for 30 seconds or until fragrant. Add stock powder, lentils and 1 litre of water. Cover. Bring to the boil.

Reduce heat to medium. Cook for 15 minutes or until lentils are half-cooked.

Add pasta, rice and 1/2 cup water to pan. Cover. Return to a simmer. Reduce heat to low. Simmer for a further 15 minutes or until lentils, rice and pasta are tender.

Meanwhile, combine the tomato, eschalot, parsley, vinegar and remaining oil in a medium bowl. Season with salt and pepper. Set aside for 15 minutes to allow the flavours to develop.

Remove Koshari from heat. Stand for 5 minutes. Fluff with a fork. Serve topped with the crispy onion and tomato salad.

