

KITCHARI RECIPE

for 3-4 servings ([click here for more details](#)):

Ingredients:

½ cup split [yellow mung beans](#)
½ cup [white basmati rice](#)
2 tablespoons [coconut oil](#)
1-inch stick of [kombu](#)
4 cups homemade vegetable stock or water
2 tablespoons [coconut cream](#)

SPICES:

1½ teaspoons [cumin seeds](#)
1½ teaspoons [fennel seeds](#)
1½ teaspoons [coriander powder](#)
1 tablespoon [ginger root](#) freshly minced
½ teaspoon [turmeric powder](#)
½ teaspoon [fenugreek seeds](#)
¼ teaspoon [black mustard seeds](#)
Pinch of [asafoetida](#)

VEGETABLES:

2 cups of any mixed vegetables I used bok choy, cilantro and dinosaur kale.

TO SERVE:

Fresh lime
Fresh coriander
[Coconut yogurt](#)
[Sea salt](#) to taste

Instructions:

1. The night before (24 hours earlier), soak mung beans in ample filtered water.
2. When you're ready to cook, drain the mung beans and rinse under running water. Place rice in a sieve and rinse till the water runs clear. Prepare vegetables by peeling and chopping them up, then set all of this aside.
3. Heat coconut oil over medium heat, in a heavy-bottomed pot. Add cumin, fennel, fenugreek and black mustard seeds and cook for a few minutes to release aromatics, and until the mustard seeds have popped. Add the rest of the spices and stir to combine.
4. Add a cup of vegetable stock, followed by mung beans, kombu, coconut cream, rice and vegetables, then add the rest of the stock (or water).
5. Cover and bring to a boil, then reduce to a low heat. Simmer for about 40 minutes. Check the pot periodically as the rice swells and may stick to the bottom. Add more water if you want a soupier consistency, and simmer longer to get a thicker stew.
6. Serve with fresh coriander chopped and folded through, a drizzle of fresh lime juice, spoonful of coconut yogurt and sea salt to taste.