



Al Rashoof

Ingredients

- 1.5 cups Green lentils
- 4 cups Water
- 1.5 tbsp Vegetable oil
- 2 Small Onions, finely chopped
- 1 Medium Onions, finely chopped
- 0.5 cup Water
- 2 cups Whey (Jameed)
- 1 cup Low fat yoghurt
- 2 cubes MAGGI® Chicken Bouillon
- 1 tsp Ground Black Pepper
- 1 tbsp Vegetable oil
- 4 tbsp Dried mint

Instruction

1. Place a pot on medium heat, boil the washed green lentils in 4 cups of water until fully cooked. Drain and set aside.
2. Heat 15 g vegetable oil in a deep sauce pan and fry onion slices until golden brown, remove and set aside for garnish.
3. Add chopped onions to the same pan, and gently fry until translucent. Add water, jameed and yogurt to the pan with the onions, bring to boil and simmer for 5 mins.
4. Add 2 MAGGI® Chicken Bouillon cubes to the pot and continue stirring.
5. Add the cooked lentils and white pepper to the jameed sauce, and simmer on low heat for 10 mins.
6. In the mean time, heat the remaining 10 g vegetable oil in a small frying pan, add dried mint leaves and sauté for 2-3 mins. Make sure not to burn the mint.
7. Serve thickened jameed and lentil soup in a large serving dish, garnish with fried onion slices and drizzle mint sauce around the center.

Nutrition

Carbohydrates	40.95 g
Energy	271.04 kcal
Fats	5.03 g
Protein	17.22 g

30 Minutes

6 6 servings