

## Afghan Vegetarian Qaubili Pilau

<p><b>Equipment:</b></p> <p>Measuring cups and spoons Sharp knife Large frypan Large saucepan Large saucepan Colander Lemon squeezer</p>	<p><b>Ingredients:</b></p> <p>1 onion diced 100g green lentils 1/4 tsp ground cinnamon 1/4 tsp ground cloves 1/4 tsp ground cardamom 1/2 tsp ground cumin 1/2 tsp garam masala 2 carrots 1 tsp sugar 100g raisins 100g blanched almonds (or pepitas) 2 cups basmati rice 1/2 tsp turmeric (saffron if you can afford it) Oil for frying 150 – 200 ml of water</p>
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### What to do:

1. Fry the onions until golden brown. Add the salt and spices (except for the turmeric/saffron). Add water and lentils. Cover and simmer until the lentils are ready.
2. Once the lentils are cooked add the rice, saffron/turmeric and more water – approximately 3 cups of water. Be careful not to add too much water as the idea is that the water should evaporate while cooking rather than be strained. Straining would result in loss of flavour. Season with salt and pepper to taste and simmer until rice is tender.
3. Just before serving cut the carrots into very thin sticks (smaller than matchsticks). Fry them in vegetable oil with sugar until tender. Remove from oil and reduce the heat. Add the raisins to the oil and fry until they are swollen. Remove from the oil. Finally add the almonds/pepitas to the oil and brown taking care that they don't burn.
4. Serve the rice topped with the almonds/pepitas, carrots and raisins. Serve hot or at room temperature.