



Mejadra

Prep: 5 minutes • Cook: 20 minutes • Serves: 4



Ingredients

250g cooked green or brown lentils (packet or tinned)
2 large brown onions, peeled, halved and finely sliced
2 tablespoons cornflour
100ml sunflower oil
1 teaspoon cumin seeds
2 teaspoons coriander seeds
1 250g pouch ready-cooked basmati rice
1 tablespoon olive oil
1 teaspoon cinnamon
1 teaspoon curry powder
100ml water
Ground black pepper
200g turkey mince
150g fresh/frozen spinach
100g frozen mixed vegetables

Nutritional info

Low phosphate ✓
Low potassium ✓
Carbohydrate **40g**
Low protein ✗
Low salt ✓
Low saturated fat ✓
Cost per portion (July 2024) **£1.06**
Energy in kcals **544**

- 1** Put the sliced onions into a bowl with the cornflour and toss to coat. Heat half of the sunflower oil in a pan over a high heat and cook half of the onions until golden and crispy. Remove from the pan and cook the other half in the same way.
- 2** Once all onions are cooked and set aside, add 1 tablespoon of olive oil to the same pan and brown the turkey mince. Once cooked, remove from the pan.
- 3** Using the same pan, add in the cumin and coriander seeds and toast for a minute over a medium heat to release the flavours. Next add the chopped spinach and frozen mixed vegetables and cook for 2 minutes until the vegetables are cooked.
- 4** Add in the rice, straight from the packet, with the water, cinnamon and curry powder. Cook for 3 minutes.
- 5** Mix in the lentils, turkey and ground black pepper and cook until the turkey is thoroughly cooked through.
- 6** Finally, add in half of the onions and mix. Serve with the remaining onions sprinkled over the top.