

Kushari

Ingredients

$\frac{1}{2}$ can chickpeas
2 tablespoons red wine vinegar
1 teaspoon ground coriander
1 teaspoon ground cayenne pepper
 $\frac{1}{2}$ teaspoon ground cumin
1 cup pasta pre cooked
1 cup rice pre cooked
 $\frac{1}{2}$ cup dark brown lentils pre cooked

Pinch salt and ground black pepper
4 tablespoons olive oil
 $\frac{1}{2}$ onion chopped
1 clove of garlic chopped
 $\frac{1}{2}$ tin tomatoes

Method

1. Mix the chickpeas, vinegar, coriander, cayenne pepper and cumin in a bowl and leave to infuse.
2. Heat 2 tablespoons oil in a pan add cooked rice, pasta, and lentils and stir together until heated through stirring all the time for about 5 minutes.
3. Divide the mixture and place in the bottom of two foil dishes.
4. Chop the onion.
5. Using the same pan heat 1 tablespoon of oil in the pan and cook onion until soft, keep stirring don't let the onion burn and then add garlic and tomatoes and bring to the boil.
6. Add chickpea mixture and bring to the boil.
7. Pour the mixture over the pasta/lentil/rice mixture in the foil dishes.

