Michele Sodon

NUTRITION PER SERVING:

CALORIES	348
PROTEIN	16 G
CARBOHYDRATE	62 G
TOTAL FAT	5 G

PREP TIME:	5 MINUTES
COOK TIME:	60 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1/4 OF ENTIRE RECIPE

INGREDIENTS:

1 TBSP	BUTTER
1 C	BROWN BASMATI OR BROWN JASMINE RICE
4¼ C	WATER
1 C	BROWN LENTILS
4 CLOVES	GARLIC, PEELED
1	CINNAMON STICK
4 1/8-INCH-T	PEELED FRESH GINGER
½ TSP	RED CURRY PASTE, (SEE NOTE) OR 1 TABLESPOON CURRY POWDER
½ TSP	SALT
4	SCALLIONS, TRIMMED AND SLICED

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BAKED CURRIED BROWN RICE & LENTIL

01 Place rack in lower third of oven; preheat to 350 degrees (F).

02 Melt butter over medium-high heat in a large ovenproof Dutch oven; add rice and cook, stirring, until lightly toasted, about 1 1/2 minutes. (If using curry powder, add it now and cook, stirring, until fragrant, about 15 seconds.) Add water. Stir in lentils, garlic cloves, cinnamon stick, ginger, curry paste, if using, and salt; bring to a boil, stirring to dissolve the curry paste.

03 Cover the pot tightly with a lid or foil. Transfer to the oven and bake until the rice and lentils are tender and all the water is absorbed, 50 to 55 minutes. Fluff with a fork, removing the cinnamon stick and ginger slices. Serve garnished with scallions.