



Quinoa and Rice with Lentil Stew

Ecuador | Medium | 50 Min | 4 servings | Stew



This stew is very common in the coastal area of Ecuador. It is easy to prepare, low cost and very rich in flavour. As a main dish, it usually comes with fried fish or fried eggs.

Tools and equipment

~ Knife
~ Stove

~ Pan
~ Wooden spoon

Directions

For the stew:

- 1 Soak the lentils in water for at least two hours before cooking.
- 2 Heat the oil in the pan and add the red onion. Once the onion is brown, add the tomato and the green plantain. Cook until the water evaporates, stirring constantly.
- 3 Sautee these ingredients for a minute or two, and then add the lentils and the water and let it boil for thirty minutes. Season with salt and pepper.
- 4 Make sure there is always some water in the stew until the lentils are soft.
- 5 Before removing from the heat, add the chopped cilantro and check for seasoning.

For the rice:

- 1 Heat a small amount of oil in a pan and add the clove of crushed garlic.
- 2 Add the rice and the quinoa, stir it in the hot oil for a minute, and then add the water and the salt.
- 3 Cook the rice at a low temperature until the water is gone and the grains are soft.
- 4 Serve the rice combined with the lentil stew in a bowl.



Ingredients

- 1 cup of lentils
- 1/2 red onion, diced
- 1/2 green plantain, chopped
- 3 tomatoes, chopped with no skin
- 4 tablespoons of vegetable oil
- salt and pepper to taste
- water
- cilantro, chopped
- 1 1/2 cups of rice
- 1/2 cup of quinoa
- 1 clove of garlic