



SUNFLOWER ORGANICS AND WELLNESS SDN. BHD. (1142279-X)

No.5, Jalan 5/76B, Desa Pandan, 55100 Kuala Lumpur

Tel: +603-92268322 Fax: +603-92269322

Email: hello@sunflowerorganics.my

Web: www.sunflowerorganics.my

By Kim Hoi

Ayurvedic Health Practitioner

KITCHARI RICE RECIPE

(Good for 2-3 person)

1 cup Basmati rice, 1 cup organic mung dal

1-2 green chilies, 1 teaspoon organic turmeric powder

1 tablespoon chopped fresh ginger

1 very small pinch of organic asafoetida (hingu)

1 teaspoon organic black mustard seeds

2 tablespoon organic ghee

3 teaspoon of Sun Nature brand organic garam masala spice mix

Add any other organic vegetables that you like (Depending on your body constitution)

Fresh chopped coriander leaves (for taste), 1 slice lemon



1. Wash rice and mung dal in cold water 4-5 times and soak for a little while to keep ready.
2. Heat up ghee in heavy bottom pan, add mustard seeds. Fry on low fire and hear till they start to pop up.
3. Add the rest of the spices: ginger, turmeric, chili, asafoetida, black salt, little sea salt and garam masala spice mix. Fry for one minute, do not allow them to burn.
4. Add the rice and mung dal, stir for a few seconds so that the mixture is coated with ghee.
5. Add 4 cups boiling water.
6. You can add in some vegetables of your choice into it, which you may have to add in 1/2cup extra of boiling water.
7. The dish is cooked when most of the water has evaporated and the grains are soft and slightly mushy.
8. Sprinkle with chopped coriander leaves, and squeeze the lemon juice for taste before serving.

If you are cooking for yourself, use portion of 3 tablespoons rice and 2 tablespoons mung dal and reduce the spices accordingly to suit your taste.

Note: You can omit green chili to be replaced with red chili if you prefer.