**Kitchari**  
Serves 4

**Step 1**  
3 ⅓ cups (800ml) water  
⅓ cup (80ml) split mung beans  
⅓ cup (80ml) red lentils  
⅓ cup (80ml) basmati rice  
1 teaspoon turmeric  
12 curry leaves  
1 teaspoon crushed fresh ginger

**Step 2**  
½ teaspoon cumin seeds  
½ teaspoon coriander seeds  
5 pepper corns

**Step 3**  
1 carrot, chopped  
½ medium zucchini, chopped  
2 kale leaves, thinly sliced  
¼ teaspoon rock salt

**Step 4**  
1 tablespoon ghee  
½ teaspoon cumin seeds

**Step 5**  
⅓ cup (80ml) chopped fresh cilantro  
¼ lemon  
¼ lime

1. Bring water to a boil in a medium pot. Add mung beans, lentils, rice, turmeric, curry leaves, and fresh ginger. Once it is boiling again, reduce heat and simmer.  
2. In the meantime, grind cumin seeds, coriander seeds, and pepper corns in a coffee grinder. Add 1 teaspoon of the spice mix to the kitchari.  
3. Add carrots, zucchini, kale, and salt. Cook uncovered for 15 to 20 minutes until the lentils are tender and the mixture resembles a thick porridge. Stir occasionally. Add more water if necessary.  
4. Heat ghee in a skillet. Add ½ teaspoon cumin seeds and fry for 30 seconds. Add rest of the ground spices from step 2, then immediately add a little bit of the kitchari to prevent burning and stir well. Add the spice fry to the kitchari and stir.  
5. Garnish with fresh lemon and lime juice and cilantro.

Variation: Add fresh chili peppers and fresh ginger in step 4 for a spicier version.

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