PERSIAN · DINNER

Persian Lentil Rice (Adas Polo)

85 min · Serves 6 · 596 kcal a serve · Video 7:16 · Henrys HowTos

Gluten-free ingredients · No dairy listed · No nuts listed

Lentils with rice give each serve about 9 g of fibre and over 20 g of protein, plus folate and iron, and the dates and raisins sweeten the dish naturally so no sugar is added. 250 g of beef stretches across six servings.

Diet notes: Low saturated fat (3.3 g, 5% of the energy).

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Ingredients 13 · SERVES 6

- [ ] 370 g **basmati rice**, washed and soaked
- [ ] 240 ml **dried lentils**, simmered in 710 ml water
- [ ] 2–3 tbsp **oil** for the pot + 2–3 tbsp oil for the mince
- [ ] 1 **potato**, thinly sliced for the base (optional)
- [ ] 1 small **brown onion** (or ½ a large one), finely chopped
- [ ] 250 g **beef mince**
- [ ] about 2 tsp **salt** in all (1 tsp in the mince, a pinch with the lentils, about 1 tsp absorbed by the rice from its salted boiling water)
- [ ] ½ tsp **ground turmeric**
- [ ] ½ tsp **ground cinnamon**
- [ ] ½ tsp **black pepper**
- [ ] 40 g **raisins** (optional)
- [ ] 40 g **pitted dates**, chopped (optional)
- [ ] a pinch of **saffron**, steeped in a little warm water (use 2–3 tbsp plus 1 tsp of the saffron water)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Wash and soak the rice. Bring 710 ml of water to the boil, add the lentils and a pinch of salt and simmer 20–25 minutes until tender and most of the water has gone; set aside. 0:15
2. Boil 1.9 L of water with 2 tbsp salt, add the drained rice and cook about 10 minutes until around 90 per cent done, then drain. 1:05
3. Coat a heavy pot with 2–3 tbsp oil and line the base with potato slices. Layer in half the rice, all the lentils, then the rest of the rice. Spoon 2–3 tbsp saffron water over the top. 2:00
4. Cover and cook on high for 5–10 minutes until steam builds, then put a paper towel under the lid, turn the heat to low and steam. 2:47
5. Meanwhile fry the onion in 2–3 tbsp oil until lightly golden, add the mince and brown it. Season with 1 tsp salt, turmeric, cinnamon and pepper, stir in the raisins and dates, then turn off the heat and add 1 tsp saffron water. 3:55
6. After 15–20 minutes of steaming, fold the mince mixture gently through the rice, cover again (no towel needed) and steam 15–20 minutes more on low. Serve with the crisp potato from the base. 5:41

> **Tip** Serves 6 is our estimate. Leave out the mince for a vegetarian version, and skip the dried fruit if you prefer it savoury. The description says 470 ml lentils but the cook uses 240 ml in the video.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
596 kcal	22 g	87 g	9.1 g	18 g	870 mg
2,500 kJ	44% of a day	78 g net · 11 g sugars	33% of a day	3.3 g saturated	38% of a day
		32% of a day		23% of a day	

Energy from net carbs 55% · protein 16% · fat 29%

High in (20%+ of a day) Omega-3 69% · Selenium 44% · Folate 43% · Zinc 38% · Vitamin B12 36% · Vitamin B6 29% · Iron 26%

Source of (10–19%) Magnesium 18% · Potassium 16% · Vitamin E 15%

Recipe and video: Henrys HowTos (@HenrysHowTos) on YouTube — youtube.com/watch?v=yj67PlUT74Q, published 11 November 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/henrys-adas-polo