



# BOD BY TODD

## Fitness Coaching

*"Don't Be Average, Be Fit"*

### NUTRITION PER SERVING:

<b>CALORIES</b>	348
<b>PROTEIN</b>	16 G
<b>CARBOHYDRATE</b>	62 G
<b>TOTAL FAT</b>	5 G

<b>PREP TIME:</b>	5 MINUTES
<b>COOK TIME:</b>	60 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	1/4 OF ENTIRE RECIPE

### INGREDIENTS:

<b>1 TBSP</b>	BUTTER
<b>1 C</b>	BROWN BASMATI OR BROWN JASMINE RICE
<b>4 1/4 C</b>	WATER
<b>1 C</b>	BROWN LENTILS
<b>4 CLOVES</b>	GARLIC, PEELED
<b>1</b>	CINNAMON STICK
<b>4 1/8-INCH-T</b>	PEELED FRESH GINGER
<b>1/2 TSP</b>	RED CURRY PASTE, (SEE NOTE) OR 1 TABLESPOON CURRY POWDER
<b>1/2 TSP</b>	SALT
<b>4</b>	SCALLIONS, TRIMMED AND SLICED



## 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.

