



Peruvian Rice and Lentils (Tacu Tacu)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



271 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon ají mirasol paste (sometimes labeled "crema")
- ☐ 7 ounces brown lentils dried
- ☐ 2 teaspoons garlic divided finely chopped
- ☐ 1 small onion red finely chopped
- ☐ 6 tablespoons vegetable oil divided
- ☐ 7.3 cups water divided
- ☐ 1 cup rice long-grain white

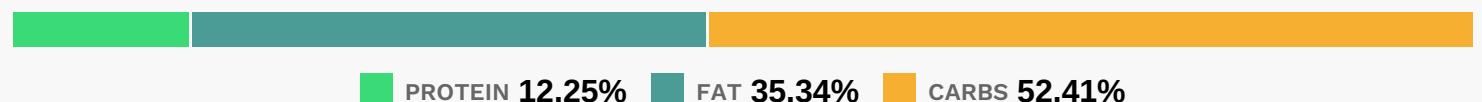
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ spatula

Directions

- ☐ Bring lentils, 5 cups water, and 1/2 teaspoon salt to a boil in a heavy medium saucepan, then simmer, uncovered, until lentils are just tender, 12 to 25 minutes (depending on age of lentils).
- ☐ Drain, then transfer to a large bowl.
- ☐ Meanwhile, cook 1 teaspoon garlic in 1 tablespoon oil in another heavy medium saucepan over medium heat, stirring, 1 minute.
- ☐ Add rice and cook, stirring, 1 minute.
- ☐ Add remaining 2 1/4 cups water and 1 teaspoon salt and bring to a boil, then cook, covered, over low heat 20 minutes.
- ☐ Remove from heat and let stand, covered, 10 minutes. Stir rice from top to bottom with a rubber spatula, then stir into lentils.
- ☐ While rice stands, sauté onion and remaining teaspoon garlic in 1 tablespoon oil in a 12-inch heavy nonstick skillet over medium-high heat until onion is golden, 3 to 5 minutes. Stir in chile paste and cook, stirring, 1 minute. Stir onion mixture into rice mixture.
- ☐ Heat remaining 1/4 cup oil in skillet over medium heat until hot.
- ☐ Add rice mixture and fry, gently flattening with a spatula, until a golden-brown crust forms on underside, about 3 minutes. Stir rice and fry, flattening it, until a crust forms on underside again, about 3 minutes more. Repeat frying and stirring until bits of crust are dispersed throughout, about 9 minutes more (about 15 minutes total frying time).
- ☐ Concha y Toro Terrunyo
- ☐ Casablanca Valley Sauvignon Blanc '07
- ☐ Rice and lentils can be made (but not fried) 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:17.85, Glycemic Load:13.29, Inflammation Score:-4, Nutrition Score:10.604782551527%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 270.84kcal (13.54%), Fat: 10.64g (16.37%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 35.5g (11.83%), Net Carbohydrates: 27.37g (9.95%), Sugar: 1.3g (1.45%), Cholesterol: 0mg (0%), Sodium: 14.44mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.3g (16.6%), Fiber: 8.13g (32.5%), Folate: 123.5µg (30.88%), Manganese: 0.61mg (30.59%), Vitamin K: 20.11µg (19.16%), Vitamin B1: 0.24mg (16.16%), Phosphorus: 144.64mg (14.46%), Iron: 2.12mg (11.75%), Copper: 0.22mg (11.21%), Vitamin B6: 0.2mg (10.04%), Magnesium: 39.99mg (10%), Zinc: 1.49mg (9.96%), Potassium: 293.97mg (8.4%), Selenium: 5.75µg (8.21%), Vitamin B5: 0.79mg (7.87%), Vitamin E: 0.99mg (6.6%), Vitamin B3: 1.07mg (5.35%), Vitamin B2: 0.07mg (4.09%), Vitamin C: 2.66mg (3.23%), Calcium: 31.72mg (3.17%)