



Serves eight

Ingredients:

40g tamarind, soaked in 200ml boiling water
250g fettuccini, broken up roughly
60ml olive oil
2 red onions, thinly sliced (350g)
350g brown lentils
1.5 litres chicken stock
2 tbsp pomegranate molasses
6 garlic cloves, crushed
30g coriander, roughly chopped
20g parsley, roughly chopped
90g pomegranate seeds
2 tsp sumac
2 lemons, cut into wedges
flaky sea salt
black pepper

HARAK OSBAO – LENTILS AND PASTA WITH TAMARIND, SUMAC AND POMEGRANATE

Dish created by: Yotam Ottolenghi and Sami Tamimi

This is a dish for a feast, but it is extremely comforting and delicious with all the toppings mixed in.

Method

Mix the tamarind with the water well to separate the pips. Strain the liquid into a small bowl, discarding the pips, and set aside.

Place a large saucepan on a medium-high heat and once hot, add the broken-up fettuccini. Toast for 1-2 minutes until the pasta starts to brown, then remove from the pan and set aside.

Pour 2 tablespoons of oil into the pan and return to a medium-high heat. Add the onion and fry for 8 minutes, stirring frequently until golden and soft. Remove from the pan and set aside.

Add the chicken stock to the pan and place on a high heat. Once boiling, add the lentils, reduce the heat to medium and cook for 20 minutes or until soft.

Add the toasted fettuccine, tamarind water, 150ml water, pomegranate molasses, 4 teaspoons of salt and lots of pepper.

Continue to cook for 8-9 minutes until the pasta is soft and almost all of the liquid has been absorbed and set aside for 10 minutes. The liquid will continue to be absorbed, but the lentils and pasta should remain moist.

Place a small saucepan on a medium-high heat with 2 tablespoons of oil. Add the garlic and fry for 1-2 minutes, until just golden brown. Remove from the heat and stir in the coriander.

Spoon the lentils and pasta into a large, shallow serving bowl. Top with the garlic and coriander, parsley, pomegranate seeds and sumac, and serve with the lemon wedges.

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