



EGYPT

LUNCH

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Egyptian Koshari

Koshari is often considered Egypt's national dish, a hearty and satisfying street food that combines rice, lentils, pasta, and a spiced tomato sauce. It reflects

PREP

20 min

COOK

40 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- 1 cup brown lentils - rinsed and drained
- 1 cup long-grain rice - rinsed and drained
- 1 cup small pasta (e.g., macaroni) - cooked according to package instructions
- 2 cups water - for cooking lentils and rice
- 2 tablespoons vegetable oil - for frying onions
- 1 large onion - thinly sliced
- 3 cloves garlic - minced
- 1 can crushed tomatoes
- 1 teaspoon ground cumin
- 1 teaspoon cayenne pepper - adjust to taste
- 1 teaspoon vinegar - for serving
- 1 teaspoon salt - to taste

WHY THIS WORKS

About this recipe

A printable Egyptian Koshari recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Koshari is often considered Egypt's national dish, a hearty and satisfying street food that combines rice, lentils, pasta, and a spiced tomato sauce. It reflects the country's diverse culinary influences and is widely consumed by

SHOPPING LIST

Ingredients continued

- 1 teaspoon black pepper - to taste

ORIGIN & TRADITION

Mediterranean context

Koshari is often considered Egypt's national dish, a hearty and satisfying street food that combines rice, lentils, pasta, and a spiced tomato sauce. It reflects the country's diverse culinary influences and is widely consumed by locals and tourists alike, often served with a splash of vinegar and a sprinkle of crispy onions.

METHOD

Step-by-step instructions

1

In a pot, combine lentils with 2 cups of water, bring to a boil, then reduce heat and simmer for about 20 minutes or until tender. Drain and set aside.

2

In the same pot, add a little oil and sauté the minced garlic until fragrant. Add the crushed tomatoes, cumin, cayenne pepper, salt, and black pepper. Let simmer for 10 minutes.

3

In a separate pot, cook the rice according to package instructions, adding a bit of salt to the water. When done, fluff with a fork.

4

In a frying pan, heat vegetable oil and fry the sliced onions until golden brown and crispy. Drain on paper towels.

5

To serve, layer the rice, lentils, and pasta on a plate, drizzle with the tomato sauce, and top with crispy onions. A splash of vinegar can be added for extra tang.

CHEF'S TIP

For authentic flavor, use a mixture of different types of lentils if available, and ensure your sauce simmers long enough to deepen the flavor.

NUTRITION PER SERVING (EST.)

Calories	450 kcal	Fat	10 g
Protein	15 g	Fiber	12 g
Carbohydrates	75 g	Sodium	400 mg

SERVING SUGGESTION

Serve Koshari warm with extra vinegar and a side of green salad for a refreshing contrast.

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