

Adas Polow (Persian Rice and Lentils)

Yield: 8 min
Total Time: 275 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-rice-with-lentils-recipe>

Ingredients:

- 1 pound white rice uncooked
- 4 cups water or as needed
- 1/2 teaspoon salt
- 2 cups water or more as needed
- salt to taste
- 2 cups lentils rinsed
- 1/4 cup vegetable oil divided
- 2 onions large, thinly sliced
- 1/2 teaspoon saffron
- 1/3 cup hot water
- 3/4 cup dates pitted, chopped
- 3/4 cup raisins

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 99 grams
3. Fat: 8 grams
4. Fiber: 18 grams
5. Protein: 17 grams
6. Sodium: 260 milligrams
7. Sugar: 21 grams

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