



welcome to Nurture the Seed...

your ultimate nutrition  
resource for preconception,  
pregnancy and postpartum.

Nurture the Seed takes a 'wholefood' approach to prenatal nutrition and utilises current evidence-based research. Our goal is to cut through the misconceptions of prenatal nutrition and empower women to eat nutritious food with confidence.

Nurture the Seed was founded by Renee Jennings and Georgia Gregory.

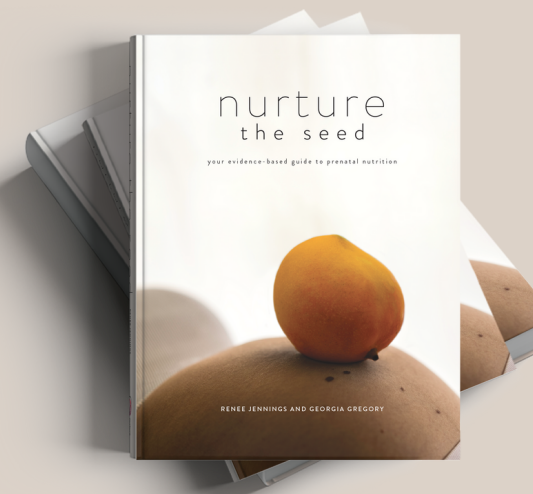


Renee Jennings is a clinical dietitian and nutritionist specialising in fertility, pregnancy and postpartum nutrition. She has a strong research focus and is dedicated to educating pregnant women and other health professionals.

Georgia Gregory is a High School teacher with a background in journalism. She is a passionate foodie and loves to write about food and nutrition.



our book.



The ultimate nutrition guide for expecting mums. This book will help you navigate prenatal nutrition, covering topics such as food safety, morning sickness, constipation, gut health and more. It is well researched with clear answers on what to eat and why. It contains 35 delicious recipes to help you on your journey.



# kitchari with coconut sambal

If you're not familiar with this dish, kitchari (also known as khichdi) means mixture, usually of two grains (in this case, rice and lentils). It is a dish used in Ayurvedic cooking, a system of traditional medicine native to India that encourages health and wellbeing. It is gently spiced, warming and very comforting.

Despite the long ingredients list, this recipe is really simple with no chopping required, making pregnancy or postpartum cooking as easy as possible.

½ cup basmati rice  
1 cup yellow split lentils  
2 tablespoons butter  
or extra virgin olive oil  
3cm knob fresh ginger, grated  
1 teaspoon black mustard seeds  
1 teaspoon ground cumin  
1 teaspoon ground turmeric  
1 cinnamon stick or  
½ teaspoon ground cinnamon  
3.5 cups vegetable  
stock or bone broth  
½ cup coconut milk  
1 large zucchini, grated

## COCONUT SAMBAL

½ cup desiccated coconut  
⅓ cup toasted peanuts,  
roughly chopped  
½ cup packed coriander leaves  
and stems, finely chopped  
Juice of 1 lime  
1 red chilli, finely chopped  
(optional)

Rinse then drain the rice and lentils. Leave aside.

Add the butter/olive oil to a large heavy-based pan and place on a medium heat. Add the ginger, cook for 1–2 minutes then add the mustard seeds. Cook for another minute or two until the seeds are fragrant and start to pop. Add the cumin, turmeric, cinnamon and stir.

Add the rice and lentils to the pan, stirring to coat in the spice mix. Add the stock and coconut milk. Bring to a boil then reduce the heat to a simmer. Simmer for 15–20 minutes, stirring occasionally, until the rice and lentils are tender but not mushy and most of the liquid has been absorbed. Add the zucchini and cook for a further 3–5 minutes or until soft. Season with salt.

Meanwhile, prepare the sambal. Place coconut in a small bowl and cover with boiling water and leave to soak for 5 minutes. Drain the coconut (squeeze out excess water by pushing down with a spoon on the coconut, in your strainer) and put it in a bowl. Mix in all other sambal ingredients and season with salt.

Serve kitchari in a bowl and top with the sambal.

---

**NOTES:** You can use other lentils in this dish such as mung dal or red split lentils.

You can soak the rice and lentils in advance to breakdown the phytic acid. Follow the guide on page 189 and reduce the cooking time by 3 minutes.

