



Lentil Curry

Recipe Information

Serves: 4-6

Time to make: 30 minutes

Method

1. Wash and chop vegetables. Finely grate or chop garlic and ginger.
2. Heat oil in a large pot over medium heat. Add onion, garlic and ginger and cook for 2 minutes.
3. Add curry powder and cook for 1-2 minutes. Pour in stock and bring to the boil.
4. Add potato, carrot and lentils.
5. Simmer for 15 minutes, stirring regularly or until lentils are soft. Add more water if needed.
6. Serve with yoghurt and wholegrain bread.



Ingredients

- 1 onion
- 1 tablespoon ginger
- 2 teaspoons/cloves garlic
- 3 teaspoons curry powder
- 1L vegetable stock
- 1 potato
- 1 carrot
- 1 cup red lentils
- 1-2 teaspoons oil
- Wholegrain bread
- Natural yoghurt

Method



1. Wash and chop all vegetables. Finely grate or chop garlic and ginger.



2. Heat oil in pot over medium heat. Add onion, garlic and ginger and cook for 2 minutes.



3. Add curry powder and cook for 1-2 minutes. Pour in stock and bring to boil.



4. Add potato, carrot and lentils.



5. Simmer for 15 minutes, or until lentils are soft. Add more water if needed.



6. Serve with wholegrain bread and natural yoghurt.

Tips and Options

- Serve with rice, instead of bread.

...**Which Way**...
The good tucker way