

Foodie Fridays

Lets Cook with Chef...

VEGAN CHICKPEA AND LENTIL CURRY

Ingredients	Method	Time
<p>1 tbsp olive oil 1 medium yellow onion (210g) (1 1/3 cups) chopped 3 cloves of garlic minced 1 medium green chilli pepper pith and seeds removed then very finely chopped 1 thumb size piece of ginger, (1/2 tbsp) skin removed then finely grated 2 tsp ground cumin 1 tsp turmeric 1/2 tsp garam masala 1/2 tsp ground coriander 1 medium green bell pepper (capsicum) (190g) (1 cup) pith and seeds removed then roughly chopped 1 400g can of chopped tomatoes (2 cups) 1 400g cooked chickpeas (1 1/2 cups drained) 120 g red lentils (5/8 of a cup) 200 ml vegetable stock (1 1/2 cups) The juice of half a medium lemon 2 or 3 tbsp 1/4 tsp sea salt 1/4 tsp cracked black pepper• 75 g spinach (2 cups)</p>	<p>Instructions</p> <p>1. Heat the oil in a large sauté pan. Add the onion and cook for about 10 minutes, until the onion is translucent.</p> <p>Add the garlic, chilli pepper and ginger, stir well and cook for a minute.</p> <p>Next add the spices, again stir well and cook for just a minute</p> <p>2. Now add the bell pepper, and stir.</p> <p>Pour in the chopped tomatoes, stock, lemon juice, add the chickpeas and lentils. Add the salt and pepper then stir well.</p> <p>3. Bring the pan to the boil, reduce the heat to a gentle simmer then cover the pan with a tight-fitting lid.</p> <p>Cook for about 15 minutes stirring occasionally. Check the seasoning halfway through cooking.</p> <p>Once the lentils are cooked and the sauce has thickened add the spinach to the pan, put the lid back on for about two minutes. Take the lid off then stir in the wilted spinach.</p> <p>4. Serve immediately with rice, naan, some coriander (cilantro) leaves.</p>	<p>Serves: 4</p> <p>Prep time: 5 mins</p> <p>Cooking time: 20 mins</p> <p>Total time: 25 minutes</p>

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