

## Chickpea, tomato and green lentil curry



**Ingredients** (serves 4, with leftovers for tomorrow)

- 1 large or 2 medium onions, thinly sliced
- 3 fat garlic cloves, thinly sliced
- 1 tablespoon of vegetable oil
- 1 tablespoon of curry powder
- 1 tablespoon of tomato puree
- 400g can chopped tomatoes + 1 full can of water
- 100g dried green lentils
- 100g dried chickpeas (*soaked overnight and simmered for 45 minutes in water*)
- 400g tin coconut milk
- 1 teaspoon chilli flakes (or to taste)
- ½ teaspoon of salt
- 1 teaspoon of golden caster sugar

### You will need:

- 1 tablespoon vegetable oil
- Cold water
- Large frying pan or saucepan

### Method

1. Ensure your chickpeas have soaked overnight and been simmered in water for 45 minutes (or use that tin that's been at the back of the cupboard for months!)
2. Heat the oil in a large frying pan or saucepan and sauté the onions and garlic with a pinch of salt for 8-10 minutes on a low heat. (Cooking slowly for longer prevents the garlic from burning and tasting bitter)
3. Add the tomato puree and curry powder and cook for 1 minute or until fragrant
4. Add the chickpeas, lentils and chopped tomatoes and 1 full tin of water and stir together. Add the chilli flakes and sugar
5. Add the coconut milk and stir to combine
6. Bring to the boil and then reduce the heat and simmer, uncovered, for 20-25 minutes stirring occasionally. The lentils will absorb the water as they cook, so keep an eye on this and add water as necessary
7. Cook rice, drain and serve with curry

### Serving suggestions

- Try with mango chutney and sliced fresh banana (yes, really) & Indian breads
- If available, a handful of fresh, washed spinach leaves stirred in a couple of minutes before serving adds colour and few extra vitamins!

## Chickpea, tomato and green lentil curry



**Ingredients** (serves 4, with leftovers for tomorrow)

- 1 large or 2 medium onions, thinly sliced
- 3 fat garlic cloves, thinly sliced
- 1 tablespoon of vegetable oil
- 1 tablespoon of curry powder
- 1 tablespoon of tomato puree
- 400g can chopped tomatoes + 1 full can of water
- 100g dried green lentils
- 100g dried chickpeas (*soaked overnight and simmered for 45 minutes in water*)
- 400g tin coconut milk
- 1 teaspoon chilli flakes (or to taste)
- ½ teaspoon of salt
- 1 teaspoon of golden caster sugar

### You will need:

- 1 tablespoon vegetable oil
- Cold water
- Large frying pan or saucepan

### Method

1. Ensure your chickpeas have soaked overnight and been simmered in water for 45 minutes (or use that tin that's been at the back of the cupboard for months!)
2. Heat the oil in a large frying pan or saucepan and sauté the onions and garlic with a pinch of salt for 8-10 minutes on a low heat. (Cooking slowly for longer prevents the garlic from burning and tasting bitter)
3. Add the tomato puree and curry powder and cook for 1 minute or until fragrant
4. Add the chickpeas, lentils and chopped tomatoes and 1 full tin of water and stir together. Add the chilli flakes and sugar
5. Add the coconut milk and stir to combine
6. Bring to the boil and then reduce the heat and simmer, uncovered, for 20-25 minutes stirring occasionally. The lentils will absorb the water as they cook, so keep an eye on this and add water as necessary
7. Cook rice, drain and serve with curry

### Serving suggestions

- Try with mango chutney and sliced fresh banana (yes, really) & Indian breads
- If available, a handful of fresh, washed spinach leaves stirred in a couple of minutes before serving adds colour and few extra vitamins!