

# CHICKEN AND LENTIL CURRY

Recipe card



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Each 271g serving contains:

**DiABETES UK**  
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KCal  
332

Carbs  
30.5g

Fibre  
4.9g

Protein  
29.4g

Fat  
9.1g

Saturates  
1.9g

Sugars  
9.0g

Salt  
0.26g

Fruit/Veg  
Portion  
3

## Ingredients

- 1 tsp ground cumin seeds
- 1 tsp coriander seeds
- 1 tbsp rapeseed oil
- 2 onions, thinly sliced
- 4 garlic cloves, thinly sliced
- 3cm fresh ginger, finely chopped
- 1-3 green chillies, split open
- 400g chicken thigh, cut into bitesized pieces
- Half tsp chilli powder
- 1 tsp garam masala
- 1 tsp turmeric powder
- Juice 1 lemon
- 400g tin chopped tomatoes
- 150g red lentils

**Serves 4 | Prep 20 mins | Cook 35 mins**

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## Method

### Step 1

Add the cumin and coriander seeds to a dry saucepan and toast for 1-2 minutes. Add the oil and the onions. Cook for 5 minutes, stirring regularly until browned.

### Step 2

Add the garlic, ginger, green chillies and chicken pieces and cook for another 2-3 minutes, stirring regularly.

### Step 3

Add the chilli powder, garam masala and turmeric powder along with the lemon juice, tomatoes and 500ml water.

### Step 4

Bring to the boil, mix well, reduce the heat and simmer for 15 minutes, stirring regularly.

### Step 5

Add the lentils and simmer for another 15 minutes, stirring regularly, until cooked.

## Recipe tips

- If you don't have all the different spices to hand, you can use your favourite curry powder or paste.
- You can freeze this recipe once cooked. Defrost in the fridge and reheat until piping hot throughout.

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