Red lentil and vegetable curry

Ingredients

Serves 6

1 tablespoon oil

2 onions, diced

1-2 cloves garlic, crushed

1 tablespoon chopped fresh ginger

1 tablespoon curry paste

1 litre water

1 vegetable stock cube

3 carrots, peeled and finely diced

1½ cups dried red or brown lentils

1 cup frozen peas

1 packed cup washed and chopped spinach

Method

1. Heat the oil in a large saucepan pan over low heat, add onions and cook until soft.

2. Add garlic, ginger and curry paste, stir and continue cooking for 1-2 minutes.

3. Add water, stock, carrots and lentils and bring to the boil, then reduce heat and simmer until carrots and lentils are tender, about 15-20 minutes. Add more water if necessary. Most of the water should be evaporated by this stage. The mixture will reduce and become thicker.

4. Stir in peas and cook for 2 minutes, then stir through spinach, mix well.

5. Remove from heat, spoon into serving dishes and serve.

Serving suggestion

- Serve with cooked brown rice.

Variation

- Use diced kumara in place of carrot.

Equipment

- Cutting board and knife
- Large saucepan
- Measuring cups
- Measuring spoons
- Serving spoon
- Vegetable peeler
- Wooden spoon

Preparation and cooking skills

Boil, chop, dice, mix, peel, reduce and thicken, simmer, stir, use herbs and spices to flavour dishes.

Nutrition

- Legumes are full of protein and dietary fibre. Protein helps you to grow and build strong muscles, while fibre keeps things moving in your digestive tract and helps keep you full for longer.

- Examples include: lentils, butter beans, cannellini beans, red kidney beans, peas, chickpeas and soybeans.

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