



## Spicy Chickpea and Red Lentil Curry

---

### **Ingredients:**

1 tbsp	Vegetable Oil
1	Onion and a green pepper
2	Garlic cloves and celery sticks
150 g	Red lentils (rinsed)
2 tsp	Garam masala and tomato puree
1 tsp	Cumin seeds and ground coriander
1/2 tsp	Hot chili powder/ flakes
700 ml	vegetable stock
400 g	chickpeas (drained and rinsed)
2 tbsp	Chopped fresh coriander
300 g	Rice (to serve)

### **Method:**

- Heat the oil in a large saucepan or frying pan over a medium heat
- Add the chopped onion, garlic, celery, and green pepper
- Fry gently for 10-12 minutes until softened and begin to colour
- Stir in the rinsed lentils and spices and cook for 2-3 minutes, stirring frequently
- Add the tomato puree, stock, and chickpeas and bring to the boil
- Reduce the heat, cover, and simmer for about 20 minutes, or until the lentils are cooked through (If you do not have a lid, keep adding a bit of water as the curry cooks)
- Serve either with rice, naan breads or however you fancy!
- Enjoy!