

Spicy Chickpea and Red Lentil Curry

Ingredients:



1 tbsp
Vegetable
Oil



150 g Red
lentils
(rinsed)



1 Onion



2 tsp
Garam
masala



2 Garlic
Cloves



1 tsp
Cumin
seeds



1 Green
pepper



1/2 tsp Hot
chili
powder/
flakes



1 tsp
Ground
coriander



2 tbsp
Tomato
puree



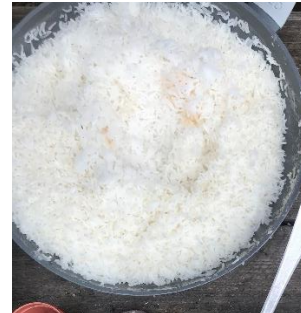
700ml
Hot
vegetable
stock



400 g Tin
chickpeas
(drained
and
washed)



2 tbsp
Chopped
fresh
coriander



300 g Rice
(to serve)

Method:

1



Heat the oil in a large saucepan or frying pan over a medium heat

2



Add the chopped onion garlic, celery, and green pepper

3



Fry gently for 10-12 minutes until softened and begin to colour

4



Stir in the rinsed lentils and spices and cook for 2-3 minutes, stirring frequently

5



Add the tomato puree, stock, and chickpeas and bring to the boil

6



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)

7



Serve with either rice, naan breads or however you fancy!

Enjoy!