

**Spicy root and pulse casserole**

Ingredients:

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| 2 tbsp | Vegetable oil |
| 1 | Chopped onion |
| 2 | Crushed garlic cloves |
| 700g | Peeled and chunked potatoes |
| 4 | Sliced carrots |
| 2 | Sliced parsnips |
| 2 tbsp | Curry powder |
| 1 litre | Vegetable stock |
| 100g | Red lentils |
| Small bunch | Fresh coriander |
| 4 | Naan bread |

Method:

* In a large pan, cook the onion and garlic in the vegetable oil for 4 minutes until soft
* Put in the potatoes, carrots and parsnips and turn up the heat stirring for 6 minutes until vegetables are golden
* Stir in the curry powder, pour over the stock and bring to the boil
* Turn the heat down low, add the lentils and simmer for 20 minutes
* Make sure the vegetables are tender and the lentils are soft
* Chop up the coriander and add it to the casserole
* Serve with naan bread and enjoy!

Please remember to send in your photos of you cooking the recipe and also the finished product. Send pictures in to [alanrtilley@mail.com](mailto:alanrtilley@mail.com) or text them across to 07817777739