CHICKPEA & LENTIL CURRY

1/4 of this recipe contains

Energy 2018kj 478kcal	Fat 6.3g	Saturates 0.6g	Sugars 11g	Salt 0.2g
24%	9%	3%	12%	3%

3.5 of your 5 a day

Prep Time: 5 mins   **Cooking Time:** 25 mins   **Serves:** 4 Adults

Ingredients

- 1 tablespoon of vegetable oil
- 1 medium onion, peeled and diced
- 2 cloves of garlic, peeled and crushed
- 1 tin of chopped tomatoes (400g / 14oz.)
- 2 teaspoons of curry powder
- 2 teaspoon of ground ginger
- 1 tin of drained chickpeas (400g / 14oz.)
- 1 medium tomato, roughly chopped
- 1 medium red pepper, deseeded and diced
- 100g / 3½oz. red lentils
- 240g / 8½oz. of basmati rice
- 300g / 10½oz. of spinach
- 1 low salt vegetable stock cube dissolved in 500ml of boiling water

What you will need

- Can opener
- Chopping board
- Chopping knife
- Cutlery
- Frying pan
- Kitchen scales

Method

1. Heat the oil in a non-stick saucepan and when hot, add the onion. Fry until softened.
2. Add the garlic, tomatoes, curry powder and ginger and cook for another 2-3 minutes.
3. Add the chickpeas, tomato, red pepper, stock and lentils and cook for a further 15 minutes over a medium heat, stirring occasionally.
4. In the meantime, cook rice according to packet instructions, omitting any salt.
5. After your curry has simmered for 20 minutes, add the spinach leaves and let them wilt into the curry for the remaining 5 minutes lf cooking time.
6. Drain the rice and serve alongside the curry, dividing into 4 portions. Option to eat 1 portion for lunch/dinner then freeze the others for another day!

Source: www.safefood.net/recipes/chickpea-lentil-curry

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