

VEGETABLE & LENTIL CURRY

Serves 4

Ingredients

400g Tin of chopped tomatoes

½ Cup of lentils soaked

2 tbsp of Balti curry paste

1 Carrot diced

½ Pint of veg stock

5 Mushrooms quartered

1 Sweet potato diced

1 Courgette diced

Olive oil

Coriander

½ Onion diced

1 Clove of garlic crushed



Instructions

- Drizzle olive oil in a pan fry off the onion, mushrooms and garlic for 5 minutes on a medium heat.
- Add the balti paste and cook for another 2 minutes.
- Add the chopped tomatoes, carrot, lentils, veg stock and sweet potato. Bring to the boil and then simmer for 10 minutes.
- Add the courgette and then simmer until all vegetables and lentils are cooked.
- Add the coriander and then serve with rice.

*If the curry becomes too thick, add more vegetable stock. If it is a bit runny, then thicken with tomato puree.

*You can replace any of the vegetables you do not like with the ones you do like.



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