



CHICKPEA AND LENTIL CURRY WITH RICE

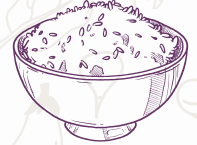
By Glen Duckett

Ingredients:

- 1 bag pre-cooked brown long-grain or basmati rice
- 1 onion
- 2 tins of lentils
- 2 tins of chickpeas
- 1 tin of garden peas
- 2 tins of carrots
- 1 tin of chopped tomatoes or passata
- 1 tin of coconut milk
- 1 spoon of curry powder (depending on strength used)
- Salt and pepper to taste
- 2 cloves garlic, 1 teaspoon of garlic powder or ready garlic
- ½ tube of tomato puree

Optional ingredients:

- 1 teaspoon of dried spices to taste (cayenne pepper/chilli, cumin, turmeric, ginger)
- Poppadoms, naan bread or pitta bread to serve



1. Dice the onion and fry gently on a low heat with some oil or butter until the onion is translucent and starts to gently go brown.
2. Add the tin of chopped tomatoes/passata, spices, garlic, tomato puree and seasoning. Cook for 10 minutes.
3. Add the tins of vegetables to the sauce. Cook on a low heat for a further 5 minutes. Check seasoning.
4. Empty the rice into the sauce and stir in, cook for a further 5 minutes on a low heat and then serve with bread or poppadoms.

Optional: If you wish to add meat, you can fry off some chicken and cook it into the sauce. Or if using beef or lamb cook in a slow cooker for 6 hours on a low setting, adding all ingredients at the start of the process.



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