

Aromatic Lentil & Spinach Curry

This is a lovely and easy curry recipe.

vegetarian gluten-free dairy-free nut-free

Serves 4

Preparation: 5 minutes

Cooking: 40 minutes

Ingredients

1 tbsp vegetable oil
1/2 brown onion, chopped
1 tsp curry powder
1/2 tsp cumin powder
2 large tomatoes, diced
1/2 cup dried whole green lentils (e.g. McKenzie's)
1/2 cup dried red lentils (e.g. McKenzie's)
2 handfuls fresh spinach leaves
To taste, chilli paste (optional)
Sea salt and pepper to taste



Preparation

1. Brush the large saucepan with oil. On medium heat, stir onion for 2-3 minutes without browning. Add curry powder and cumin and stir for about 1 minute. Add tomato and stir well, then add rinsed lentils. Cover with water and bring to boil.
2. Cover pan and simmer until lentils are almost cooked (20-35 minutes), adding a little more water during the cooking if necessary.
3. Meanwhile, wash spinach 2 or 3 times in a large quantity of cold water. Add drained spinach to lentils. Cover pan and cook for a few minutes or until spinach has softened. Season with chilli paste (optional) and serve with bread.

Hints

- Chicken can also be added to the recipe.
- Serve with a dollop of yoghurt if too spicy.
- This recipe tastes wonderful the next day.

Recipe and image courtesy of: McKenzie's