

# VEGETABLE CURRY

A super healthy curry makes a tasty supper with rice or chapatti. Quick to make and cooks in one pan.



## Equipment:

Frying pan/ wok

Best cooked on gas cooker



Prep. time (after soaking chickpeas and lentils overnight) 20 mins, 6-8 servings

## You will need:

- 2 tbsp rapeseed or sunflower oil
- ½ Garlic (crushed)
- 2 Onions (chopped)
- 2 Bay leaves
- Fresh curry leaves
- 1 tsp mixed curry powder
- 1 tsp cumin powder
- ½ tsp turmeric powder
- 2 Potatoes (cubed)
- 500g** Dried chickpeas (soaked overnight)
- 250g** Red dried lentils (soaked overnight)
- 2 Courgettes (chopped)
- Bunch spring onions (chopped)
- Handful of fresh coriander
- ½ tsp salt
- 400g** Basmati rice/ chapatti





**1** Heat pan, add oil. Add crushed garlic, chopped onions, curry and bay leaves, curry powder, cumin and turmeric. Cook for 5 mins.



**2** Add potatoes, lentils, chickpeas and courgettes. Simmer for 10 mins. Stir at intervals.



**3** Add a tiny bit of water and simmer for a further 5 mins. Let it bubble. Add coriander and spring onion. It's now ready to eat! Serve with rice or chapatti.

Try to eat a variety of fruit and vegetables to benefit from different vitamins and minerals.

In the UK rapeseed oil is often sold as vegetable oil. It is healthier than sunflower oil.

