



VEGAN LENTIL AND VEGETABLE CURRY

ALLERGIES:

No grains
No dairy
No eggs
No gluten

Prep time: 15 mins

Cook time: 45 mins

Serves: 8



INGREDIENTS

- 2 tbsp coconut oil
- 1 tbsp crushed garlic
- 1 tbsp grated ginger
- ½ - 1 tsp chilli flakes
- 1 large onion, sliced
- 1 tbsp ground tumeric
- 1 tbsp red curry powder
- 2 tsp garam masala
- 1 tsp pink rock salt
- 2 tsp ground cumin
- 1 tsp ground coriander
- black pepper
- 2 tbsp rice malt syrup (or honey)
- 3 x vegetable stock cubes
- 2 cups red lentils
- 2 x 425g cans diced tomatoes
- ½ small cauliflower, broken into florets
- 1 head broccoli, broken into florets
- 2 large carrots, sliced 1 cm pieces
- 3 stalks celery, sliced 1cm pieces
- 2 large zucchini, sliced 2 cm pieces
- 2 x 400g cans coconut milk (or cream)
- 1 cup smooth peanut butter
- juice of 1 lime or lemon
- 1 cup coriander, chopped roughly

METHOD

- Place lentils into strainer and rinse with cold water until clear.
- Heat oil in large saucepan to medium high, add garlic, ginger, chilli flakes and onion and cook 5 minutes, stirring.
- Add tumeric, curry powder, garam masala, salt, cumin, ground coriander and pepper and stir while cooking for 2 minutes.
- Add 1 litre of water, rice malt syrup, stock cubes, lentils, tomatoes, cauliflower, broccoli, carrots, celery and zucchini and stir well.
- Cover and bring to the boil, reduce heat and simmer for 30 minutes, until lentils and vegetables cooked.
- Stir in coconut milk and peanut butter and simmer for a further 8-10 minutes.
- Remove from heat and stir in lemon/lime juice and fresh coriander.
- I USE PUMPKIN, SPINACH AND CAPSICUM AS ALTERNATIVE VEGETABLES.