



Red lentil & vegetable curry

Prep: 1 hour 15 minutes • Cook: 25 minutes • Serves: 2



Ingredients

80g red or green lentils
120g brown rice
1 tablespoon vegetable oil
1 onion, chopped
½ inch fresh ginger, minced
2 garlic cloves, minced
1 green chilli, slit in half (optional)
1 tomato (80g), chopped
¼ teaspoon turmeric powder
¼ teaspoon coriander powder
¼ teaspoon cumin powder
1 teaspoon garam masala or curry powder
500ml reduced-salt vegetable stock (or use water instead)
1 carrot (100g), diced
50g broccoli or cauliflower florets
30g frozen green peas
Handful fresh coriander leaves, chopped

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✗
Low salt ✓
Low fat ✓

Cost per portion (January 2023) **£1.09**

Carbohydrate **83g**

Energy in kcals **481**

- 1** Soak lentils in 3 to 4 cups of hot water for about an hour. Drain the water and rinse the lentils thoroughly before cooking. This will help to remove some potassium.
- 2** Cook the rice as per packet instructions.
- 3** Heat oil in a pan over a medium heat, add onions and sauté for 2 minutes. Add the ginger, garlic and green chilli (if using) and sauté for a minute until fragrant.
- 4** Add the chopped tomato and stir for a minute until slightly soft. Add turmeric, coriander powder, cumin powder and garam masala / curry powder. Add vegetable stock / water and the rinsed lentils. Bring to a boil.
- 5** Now add in broccoli, carrots and peas. Reduce heat and simmer for 15 to 20 minutes or until the lentils are cooked and mushy.
- 6** Finally, add the freshly chopped coriander leaves, mix well and serve the curry hot with the prepared rice.