



Spicy Vegetable and Lentil Curry (variation of recipe in BBC Good Food February 2003)

Ingredients

2 tbsp sunflower or vegetable oil
1 onion , chopped
2 garlic cloves , crushed
700g waxy potatoes, peeled and cut into chunks
4 carrots , thickly sliced
1 large sweet potato, thickly sliced
half a small swede
2 tbsp balti curry paste
1 litre vegetable stock
150g red lentils
a small bunch of fresh coriander, roughly chopped
low-fat yogurt, mango chutney and naan bread, to serve

Method

1. Heat the oil in a large pan and cook the onion and garlic over a medium heat for 3-4 minutes until softened, stirring occasionally.
2. Tip in the potatoes, carrots and parsnips, turn up the heat and cook for 6-7 minutes, stirring, until the vegetables are golden.
3. Stir in the curry paste or powder, pour in the stock and then bring to the boil. Add the lentils, cover and pop in oven for 50 minutes until the lentils and vegetables are tender and the sauce has thickened.
4. Stir in most of the coriander, season and heat for a minute or so.
5. Top with yogurt and the rest of the coriander. Serve with naan bread.