

Mixed vegetable and lentil curry

This combination of vegetables and lentils will get you on your way to five-a-day.



Serves: 2

Time: 55 minutes

Ingredients

- 2 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 carrots, finely chopped
- 1 large potato, cut into small pieces
- 1 teaspoon turmeric
- 1 teaspoon cumin
- 1 teaspoon ground coriander
- 1 teaspoon chilli paste
- 1 medium cauliflower, cut into florets
- 1 courgette, roughly chopped
- handful of mushrooms, chopped

- half a cup of red lentils

Method

1. Heat the oil in a saucepan and fry the onion, garlic, carrots and potatoes for 5 minutes, stirring all the time to stop it from burning or sticking.
2. Once the onion has softened, add the spices and stir for another 3 minutes. Then add the rest of the veg, coating them in the spices.
3. Finally, add the lentils and enough hot water to cover them. Put the lid on and simmer for about 20 mins, until the lentils are cooked.
4. Serve with naan bread or basmati rice.

Nutritional Information

| Each serving provides | Amount in grams |
|-----------------------|----------------------------------|
| Energy | 2416 kilojoules/575 kilocalories |
| Fat | 15.2 |
| Saturates | 2.3 |
| Sugar | 17.4 |
| Salt | 0.26 |

Typical values per 100g: Energy 383kJ/91kilocalories.

The nutritional information stated above is based on each serving of Mixed Vegetable and Lentil Curry and excludes suggested accompaniments.

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