



Default Curry

Serves 8



INGREDIENTS

2 onions
Sweet potato (or 2)
3 carrots
2 peppers (yellow, red or both)
Garlic
Ginger
4 chillies (or more!)
Turmeric root
Coriander
Fine beans
Ground coriander
Ground cumin
Ground cinnamon
Paprika
Garam masala
Salt & black pepper
Tin of coconut milk
2 tins tomatoes
Cup of red lentils
Rice or couscous

DIRECTIONS

This simple curry is loaded with fresh vegetables and a selection of spices. This curry can be adapted to include additional ingredients and can be frozen for additional meals making it ideal as a spare meal for later busy days.

- Begin by boiling the lentils in a small pan with salt water.
- Slice the onions.
- In a large casserole cover the bottom with a generous amount of oil then start heating.
- Take a tablespoon of every dried spice, along with some black pepper and fry for 1 minute.
- Add the onions then start crushing the garlic.
- Finely chop or grate the ginger and turmeric then add to the casserole with the garlic.
- Slice then add the chillies and peppers.
- Prepare then add the green beans.
- Slice then add the carrots.
- Cut up and add the sweet potatoes.
- Bunch up then finely chop the coriander leaves and stalks then add.
- Pour the drained and cooked lentils to the casserole.
- Add the tinned tomatoes, stir then get the mix simmering; slow cook for a few hours.
 - 1 hour before serving time prepare brown rice boiling with salt. If not preparing brown rice this is still the ideal time to add the coconut milk to the curry.
 - Serve with rice, couscous, and or flatbread. A Lassi drink will also go well with this meal.

