

RECIPE: LENTIL AND POTATO STEW

INGREDIENTS:

- 3 medium potatoes, diced
- 3 medium carrots, chopped
- 1 1/2 cups brown lentils
- 4 large tomatoes, chopped
- 2 medium onions, chopped
- 1 tbsp olive oil
- 3 cloves garlic, thinly sliced
- 2 tsp cumin
- 2 tsp garam masala
- 2 tbsp curry paste
- 4 bay leaves
- 2 small cinnamon sticks
- 1 tsp ginger
- Fresh coriander
- Chilli (to taste)
- 1 cup boiled water
- 2 tbsp tomato paste
- 2 tbsp vegetable stock

METHOD:

1. Place lentils in cold water and boil as packet instructions.
2. Heat oil in a large pan and cook the cinnamon sticks, cumin, garam masala, bay leaves and ginger for 1 minute, stirring occasionally.
3. Add onion and garlic and cook for about 5 mins until golden brown.
4. Stir in tomatoes, carrots, curry paste and chilli and cook for 2 – 3 mins.
5. Boil 1 cup of water, tomato paste and vegetable stock to pan.
6. Add cooked lentils and potatoes, stir into mixture.
7. Simmer on very low heat for 30 mins or until potatoes are tender.
8. Stir in coriander and serve.

Serves 4-6

