KINGTON CAN COOK

Lentil, Chickpea and Cauliflower Curry

Aromatic and big on flavour, this is delicious served with yoghurt, flatbreads and mango chutney.

SERVES 4 Vegan
Prep time: 10 minutes TBC
Cooking time: 30 minutes TBC

INGREDIENTS

2 tablespoons vegetable oil
1 medium onion
2 garlic cloves
1 thumb-sized (5cm) piece of fresh ginger
1 teaspoon ground coriander
1 teaspoon turmeric
2 teaspoons garam masala
1 teaspoon mild chilli powder
150g red lentils
400g tin of tomatoes
1 tablespoon tomato puree
1 small cauliflower
400g tin of chickpeas
Salt and pepper

EQUIPMENT

Knife
Chopping board
Measuring spoons
Wooden spoon
Measuring jug
Medium saucepan
Large frying pan with lid
Small bowl

ALLERGENS

None

METHOD

1. Peel the onion and slice finely. Heat 1 tablespoon of the oil in the saucepan ,add the onion and cook over a low-medium heat for approximately 10 mins (with the lid on),stirring every few minutes until soft.

2. Peel the garlic cloves and crush with the back of a knife. Peel the ginger using the back of a teaspoon and chop finely. Add the garlic and ginger to the pan with the spices (1 teaspoon of the garam masala only) and cook for a minute until aromatic.

3. Add the lentils, tomatoes and I pint of water (600ml). Stir well and bring to the boil. Turn down the heat and simmer of 25 minutes.

4. Whilst the lentils are cooking, prepare the cauliflower: cut away the outer leaves from the cauliflower and remove the central stalk. Chop the cauliflower into small florets.

5. Heat 1 tablespoon of oil in the frying pan and stir in 1teaspoon of the garam masala. Add the tomato puree and half a cup of water. Add the cauliflower and stir so sauce coats cauliflower.Put the lid on and cook until the cauliflower is tender but still firm (80-100C for about 15 minutes). Stir occasionally. Once the cauliflower is cooked, add the drained chickpeas, combine with the cauliflower and heat through.

6. Add the contents of the frying pan to the saucepan and stir gently together. Season and serve

With thanks to Cooking Up Richmond for their help and support

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SAFE STORING & REHEATING

Cool, refrigerate and eat within 3 days. Reheat gently until piping hot. You may need to add a little water

TIPS

Add a couple of handfuls of fresh spinach (or chopped up cauliflower leaves) when you add the chickpeas.

NOTES

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