

# CALLING ALL STUDENTS

#POMPEYSCHOICE



*Speedy lentil coconut curry*

## *Ingredients*

- 1 onion roughly chopped
- 2 garlic cloves roughly chopped
- 1 red or green chilli roughly chopped
- 1 carrot roughly chopped
- 10g piece of ginger peeled and chopped
- 1 tsp vegetable oil
- 1 ½ tbsp tikka masala curry paste
- 400g can cooked green lentils
- 220ml light coconut milk
- 200g frozen peas
- 10g coriander roughly chopped
- 200g cooked brown rice
- 4 tbsp light coconut or natural yogurt to serve

## *Method*

Put the onion, garlic, chilli, carrot and ginger in a food processor and blitz to a smooth paste.

Heat the oil in a medium saucepan over a medium heat and cook the veg paste for 4-5 mins until fragrant and starting to soften. Add the curry paste and cook for 1 min more, then add the lentils and stir to combine.

Pour in the coconut milk and 50-75ml water, and bring to the boil. Reduce the heat to a simmer and cook for 10 mins until thickened and creamy. Add the peas in the final 5 mins, and season well.

Stir in most of the coriander, then divide the curry between four bowls along with the rice. Sprinkle over the remaining coriander and top with the yogurt to serve.