

Chickpea and lentil curry

Serves: 4 Adults

Cooking Time: 25 mins

What you will need

- Can opener
- Chopping board
- Chopping knife
- Cutlery
- Frying pan
- Kitchen scales

Ingredients

- 1 tablespoon of vegetable oil
- 1 medium onion, peeled and diced
- 2 cloves of garlic, peeled and crushed or finely chopped
- 1 tin of chopped tomatoes (400g / 14oz.)
- 2 teaspoons of curry powder
- 2 teaspoon of ground ginger
- 1 tin of drained chickpeas (400g / 14oz.)
- 1 medium tomato, roughly chopped
- 1 medium red pepper, deseeded and diced
- 100g / 3½oz. red lentils
- 240g / 8½oz. basmati rice
- 300g / 10½oz. of spinach
- 1 low salt vegetable stock cube dissolved in 500ml of boiling water

Method

1. Heat the oil in a non-stick saucepan and when hot, add the onion. Fry until softened.
2. Next add the garlic, tomatoes, curry powder and ginger and cook for another 2-3 minutes.
3. Add the chickpeas, tomato, red pepper, stock and lentils and cook for a further 15 minutes over a medium heat, stirring occasionally.
4. In the meantime, cook rice according to packet instructions, omitting any salt.
5. After your curry has simmered for 20 minutes, add the spinach leaves and let them wilt into the curry for the remaining 5 minutes of cooking time.
6. Drain the rice and serve alongside the curry.