

Ingredients

- 150g brown rice
- 2 tbsp olive oil
- 1 red onion, chopped
- 1 tsp cumin seeds
- 1 tsp mustard seeds (any colour)
- 1 tbsp medium curry powder
- 100g red or green lentils, or a mixture
- 2 medium sweet potatoes, peeled and cut into chunks
- 500ml vegetable stock
- 400g chopped tomato
- 400g chickpeas, drained
- ¼ small pack of coriander (optional)

Method:

1. Cook the rice per package, and set to one side until ready to serve. Meanwhile, heat the olive oil in a large pan, add the red onion and cook for a few mins until softened.
2. Add cumin, mustard and curry powder and cook for 1 min more, then stir in the lentils, sweet potatoes, vegetable stock and chopped tomatoes.
3. Bring to a boil, then cover and simmer for 20 mins until the lentils and sweet potatoes are tender. Add the drained chickpeas, then heat through.
4. Season, sprinkle with coriander, if you like, and serve with the rice, seasoned yoghurt and naan bread if you wish.



Lentil & sweet potato curry



Serves 2



Prep: 15 mins

Cook: 25 mins

A comforting curry straight from the blog this week, with red and green lentils, chickpeas and coriander. Serve with brown rice, yoghurt and naan if you fancy it. Batch cook this for lunches all week, or a freezable dinner for next time you just can't be bothered to cook.

Notes

Swap and change ingredients to suit your dietary needs and preferences. Check the ingredients carefully for allergens you should avoid.

Allergens: Check the ingredients for allergies. Check the packages of the food you buy for other allergens not specified. Wash your hands before and after prep. Use different utensils and chopping boards to handle raw and ready-to-eat foods.