



INGREDIENTS

- 150g red split lentils
- 1tsp vegetable oil
- ½tsp black mustard seeds
- ½ small red onion
- 6-8 dried curry leaves
- ½tsp hot chilli powder
- 1tsp medium curry powder
- ½tsp ground cinnamon
- 125ml light coconut milk
- Serve with rice of your choice

INSTRUCTIONS

1. Wash and drain the lentils.
2. Heat the oil in a pan over a medium heat. When it's hot, add the mustard seeds.
3. When the mustard seeds start to pop, add the onion (finely diced) and curry leaves and mix in.
4. Add the curry powder and chilli powder. Mix in and cook for 10 seconds.
5. Add the cinnamon powder. Mix in and cook for a further 3 minutes until you can begin to smell all of the spices.
6. Add the drained lentils to the pan with 250ml of water. Partially cover the pan and cook for 10 minutes.
7. Add the coconut milk. Mix in and simmer for 12-15 minutes or until the lentils are tender.
8. Serve with rice of your choice.



Red Lentil Curry & Rice



2 servings



40 minutes

An easy, budget-friendly lentil curry spiced with mustard seeds, chilli powder, curry leaves and cinnamon.

ALLERGEN INFORMATION

Not suitable for those with a mustard allergy due to this dish containing mustard seeds.
Mustard seeds may contain traces of tree nuts.

NUTRITIONAL INFORMATION

	Per serving	% of <u>RNI</u>
Energy	386 kcal	19
Fat	9.2g	13
Of Which Saturates	4.3g	22
Carbohydrate	53g	20
Of Which Sugars	4g	4
Fibre	5.1g	20
Protein	20g	40
Salt	0.016g	3
Iron	7.1mg	48*

*For females aged 11-49



INGREDIENTS

- 11 tbsp vegetable or sunflower oil
- 1 1/2 fennel seeds
- 1 medium onion, chopped
- 400g can chopped tomato
- 3 green chillies, seeded and cut
- 2-3 tsp light muscovado sugar
- 1tsp paprika
- 1 tsp turmeric
- 410g can chickpeas, drained and rinsed
- 1tbsp tamarind paste
- 1tbsp chopped fresh coriander
- Half a 250g/9oz baby spinach leaves
- Natural yogurt and chapatis, to serve

INSTRUCTIONS

1. Heat the oil in a saucepan, fry the nigella and fennel seeds for 10 seconds
2. Add the onion and cook gently for 8-10 minutes until golden
3. Mix the tomatoes, chillies, sugar, paprika, turmeric and chickpeas.
4. Bring to the boil, then simmer for 10 minutes
5. Stir in the tamarind and coriander
6. Add the spinach leaves and stir gently until they've just wilted.
7. Serve with yogurt and chapatis



Tamarind Chickpeas



2 servings



Prep: 5-10
Cook: 25
minutes

Tamarind and fennel seeds complement each other in this vegetarian dish.

ALLERGEN INFORMATION

Not suitable for those with a mustard allergy due to this dish containing mustard seeds.
Mustard seeds may contain traces of tree nuts.

NUTRITIONAL INFORMATION

	Per Serving	% of RNI
Energy	352 kcal	17
Fat	7.2g	10
Of Which Saturates	0.7g	4%
Carbohydrate	46g	18
Of Which Sugars	13g	14
Fibre	15g	60
Protein	19g	38
Salt	0.11g	2
Iron	4.1mg	27

*For females aged 11-49



INGREDIENTS

- 1tbsp olive oil
- 1 onion
- 1 stick of celery
- 1 medium carrot
- 1 clove of garlic
- 100g red split lentils
- 1 bay leaf
- 1/2 a tin of chopped tomatoes
- 1tbsp tomato purée
- 1tsp each of oregano and thyme
- 300ml reduced salt vegetable stock
- 160g spaghetti
- optional: parmesan to serve (not suitable for vegetarians)

INSTRUCTIONS

1. Prep: finely dice the onion, celery and carrot. Crush, grate or finely slice garlic
2. Heat the oil in a pan over a medium heat. When it's hot, add the onion, celery and carrot
3. Once the veg has started to soften, add the garlic
4. Fry for 15 minutes, then add the lentils, chopped tomatoes, tomato purée, stock, oregano and thyme
5. Simmer for 40-50 minutes until the lentils have broken down and the sauce becomes smooth. Add water if needed to stop the sauce going dry
6. Boil a large saucepan of water and cook the spaghetti for 12 minutes
7. Drain the spaghetti and serve with the sauce (and parmesan if using it)



Lentil Ragu



2 servings



1 hour and 30 minutes

A plant-based alternative to traditional bolognese

ALLERGEN INFORMATION

Not suitable for those with a celery allergy
Not suitable for those with a wheat allergy or who are coeliac (alternatively, use a substitute such as brown rice pasta).

NUTRITIONAL INFORMATION

	Per serving	% of RNI
Energy	642kcal	32
Fat	3.6g	5
Of Which Saturates	0.9g	5
Carbohydrate	113g	43
Of Which Sugars	16g	18
Fibre	12g	48
Protein	33g	66
Salt	0.24g	4
Iron	9.1mg	61*

*For females aged 11-49