

PROTEIN PALS RECIPE

CHICKPEA & LENTIL CURRY

INGREDIENTS

BROWN RICE (OR 1 ½ PACKETS OF MICROWAVABLE RICE)	300G
VEGETABLE OIL	2 TSP
ONIONS, SLICED (OR TWO MUGS FROZEN ONION)	2
GARLIC, FINELY GRATED OR CRUSHED (OR 2 TSP READY-CHOPPED GARLIC)	2
MEDIUM CURRY POWDER	2 TBS
CHOPPED TOMATOES	400G
LIGHT COCONUT MILK	200ML
GREEN LENTILS DRAINED AND RINSED	400G
CHICKPEAS DRAINED AND RINSED	200G
BABY SPINACH LEAVES	240G
MANGO CHUTNEY	2TBS
LIME, ZEST AND JUICE	1
FRESH CORIANDER, ROUGHLY CHOPPED	2 TBS



PREPARATION

1. FIRSTLY, ADD RICE TO A POT OF BOILING WATER, STIR WELL AND RETURN TO A SIMMER. COOK THE RICE FOR 12-15 MINUTES UNTIL TENDER, THEN DRAIN AND RETURN TO THE POT TO STEAM. (IF USING MICROWAVABLE RICE, SKIP THIS STEP AND GO TO THE 2ND STEP, FOLLOWING THE INSTRUCTIONS ON THE PACKET).
2. PLACE A LARGE, COMPREHENSIVE, LIDDED PAN ONTO THE HOB AND ALLOW THE PAN TO GET HOT. ADD IN THE OIL AND ONIONS AND STIR WELL; COOK OVER MEDIUM HEAT FOR 5-6 MINUTES WITH THE LID ON. STIR OCCASIONALLY UNTIL SOFTENED AND TRANSLUCENT.
3. MIX IN THE CURRY POWDER AND GARLIC AND COOK FOR A MINUTE, THEN STIR IN THE COCONUT MILK AND TINNED TOMATOES, STIR WELL AND BRING THE PAN TO A BOIL. ADD IN THE LENTILS AND CHICKPEAS AND RETURN TO A SIMMER. COOK FOR 10 MINUTES UNTIL SLIGHTLY THICKENED.
4. ADD IN THE MANGO CHUTNEY, SPINACH LEAVES, LIME ZEST, JUICE, AND HALF THE CORIANDER; COOK FOR ANOTHER MINUTE UNTIL THE SPINACH WILTS.
5. LASTLY, COULD YOU PUT THE LEFTOVER CORIANDER OVER THE TOP AND SERVE IT WITH RICE

