

Allergens\*:



Gluten

Vegan

# Lentil Curry



Recipe  
total cost  
**£2.84**

See  
ingredients  
and cooking  
method  
overleaf...



**Serves 4**

Our fast, cheap and healthy vegetarian lentil curry, is comforting and full of flavour.



**Equipment**

- Large saucepan
- Sharp knife
- Chopping board
- Frying pan
- Sieve

\* Ingredients and allergens may vary from different food shops and any Quorn products can contain egg, gluten, and milk, so to always check the label

# Lentil Curry



## Ingredients:

- 200g red lentils
- 500ml water
- 400ml can of coconut milk
- 400g tin chopped tomatoes
- 2 tablespoon curry powder
- Salt pepper, chilli flakes to taste
- 1 teaspoon oil
- 1 onion
- 1 bell pepper (Red, yellow or green)
- 2 garlic cloves
- Thumb size piece of ginger (chopped)
- 100g frozen spinach
- 4x wholemeal pita to serve



## Method:

1. Wash lentils thoroughly in a sieve for around 3 minutes.
2. Roughly chop all vegetables.
3. Fry onions in oil until softened, (3 minutes)
4. Slice the garlic into small pieces, then add garlic and pepper to the pan. Cook for 5 minutes
5. Add curry spices and ginger and fry for 1 minute.
6. Add coconut milk, chopped tomatoes, lentils, and water to the pan
7. Add salt, pepper, and chilli flakes to the pan
8. Boil on medium heat for 20 minutes, stirring occasionally.
9. Add spinach and cook for a further 5 minutes.
10. Serve with toasted wholemeal pita.