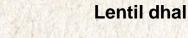


This dish created by:



Richard Still Development Head Chef



## Ingredients

250g red lentils

1 x large white onions

3 x garlic cloves

100g fresh tomatoes

2 x tsp Garam masala

1 x tsp cumin seeds

1 x red chilli

1 x cinnamon stick

1 x tsp turmeric

1 x thumb size piece of fresh ginger

1 x tsp salt

1 x vegetable stock cube

1 litre water

25 ml veg oil

1 x small bunch coriander



In a blender, add onion, garlic, ginger, tomatoes, chillies and spices apart from cinnamon. Pulse but not completely puree.

Add oil to pan and heat. When oil is hot, add the blended mix to the pan and cook out for 4mins.

Add lentils and stock, bring to the boil, then simmer for at least 1hr, until lentils have absorbed stocked and are cooked through and soft.

Add salt and chopped coriander

Check for seasoning then serve

Serves 6 **Suitable for Vegans** 









