

Mixed vegetable and lentil curry

Serves 4

Ingredients:

- 1 brown onion, diced
- 1 cup of lentils*
- 1 carrot, sliced
- 1 small cauliflower, separated into flowerettes
- 1 cup of mixed beans
- 1 cup of green beans, chopped
- 2 teaspoons Indian curry powder
- 1 100ml can of coconut milk
- 2 cups vegetable stock
- Basil, fresh coriander, ground cumin, star anise, ginger
- ½ cup Natural yoghurt

Sauté onions, curry and ginger powders, and ground cumin in grapeseed oil until onions are soft. Add coconut milk, stock and lentils – simmer for 15 minutes.

Add remaining vegetables and simmer for a further 15 minutes. Turn off heat.

Add remaining herbs and yoghurt. Allow to stand for 5 minutes before serving with brown rice.

* if using dried lentils, it is best to soak them in cold water for several hours or overnight. Discard the water and rinse well. Then cook as needed.

