

Lentil Dhal Curry

✓ Hob only



Equipment:

- 1 saucepan
- Spoon

Ingredients for 2 portions:

- 1 tin of vegetables OR 1 handful of frozen veg
- 1 mug of red lentils OR 1 tin of lentils, drained
- 1 tin chopped tomatoes
- 1 stock cube
- 2 tsp of curry powder/ other seasoning of your choice
- Optional: ½ tin of coconut milk

- ✓ Halal
- ✓ Gluten-free
- ✓ Dairy-free
- ✓ Vegan

Steps:

1. Add the lentils to the saucepan and cover with enough cold water to come to around two inches above their surface. Boil for 10 minutes or until the lentils are soft.
2. Add the tin of tomatoes to the saucepan, drain the tinned vegetables and add to pan.
3. Add the stock cube and seasoning and stir in. Simmer for another 5 minutes.
4. Stir in the coconut milk if using.
5. Eat on its own or serve with rice or roti.

Lentil Dhal Curry

✓ Hob only



Equipment:

- 1 saucepan
- Spoon

Ingredients for 4-6 portions:

- 2 tins of vegetables OR 2 handfuls of frozen veg
- 2 mugs of red lentils OR 2 tins of lentils, drained
- 2 tins of chopped tomatoes
- 1 stock cube
- 2 tsp of curry powder/ other seasoning of your choice
- Optional: 1 tin of coconut milk

- ✓ Halal
- ✓ Gluten-free
- ✓ Dairy-free
- ✓ Vegan

Steps:

1. Add the lentils to the saucepan and cover with enough cold water to come to around two inches above their surface. Boil for 10 minutes or until the lentils are soft.
2. Add the tins of tomatoes to the saucepan, drain the tinned vegetables and add to pan.
3. Add the stock cube and seasoning and stir in. Simmer for another 5 minutes.
4. Stir in the coconut milk if using.
5. Eat on its own or serve with rice or roti.