



CURRIES

Dhal

Serves 10 (small serves)

Ingredients:

- 1 tablespoon olive oil
- 1 onion, finely chopped
- 1 tablespoon grated ginger
- 2 teaspoons ground coriander
- 2 teaspoons turmeric
- 2 teaspoons garam masala
- 1½ cups red lentils, rinsed
- 6 cups prepared vegetable stock
- 1 teaspoon coconut syrup (or sweet chilli sauce)
- 1 teaspoon sambal olek
- 2 large handfuls spinach
- 1 can chickpeas, drained and rinsed
- yoghurt and chopped cucumber and radish to serve

Method:

1. Heat oil in a pot and cook onion and ginger for 2 minutes. Add spices and cook for a further minute. Add lentils and stir.
2. Add stock, coconut syrup and sambal olek and bring to the boil. Reduce heat, cover and simmer for 30 minutes or until lentils are tender. Stir through spinach and chickpeas and cook for 5 minutes until spinach is wilted.
3. Serve with a dollop of yoghurt, chopped cucumber and radish.

Lamb, Chickpea and Pumpkin Curry

Serves 8

Ingredients:

- 1tbsp olive oil
- 1/2 brown onion
- 1 garlic clove
- 200g lamb mince
- 300g pumpkin, diced to 2cm
- 2 tsp curry powder

2 x tinned chickpeas
1 tin chopped tomatoes
1/2 tsp salt
1/2 tsp pepper
200ml water
Serve with Flatbread

Method:

1. Place a deep-sided fry pan over a medium heat. Add the oil and brown onion. Gently fry the onion without browning 1 - 2 mins. Add the garlic and continue to fry for a further 30 seconds.
2. Add the lamb mince and break it up. Continue to fry until brown for 4 - 5 mins.
3. Add the pumpkin and stir to combine with the mince mixture. Cook for 2 - 3mins or until the edges of pumpkin begin to soften.
4. Add the curry powder and stir to coat the mixture, add the chickpeas, tomatoes and water. Stir to combine and place a lid on.
5. Cook for 10 mins or until the pumpkin is cooked through. Remove the lid and cook for a further 2 - 3mins. Season with salt and pepper.