

POT LUCK
Spicy Root and Lentil Stew



Ingredients:

1 tbsp sunflower oil
1 onion, chopped
1 clove garlic crushed
2 good size potatoes cut in chunks
2 carrots thickly sliced
1 parsnip thickly sliced
1 tbsp curry powder
500ml vegetable stock
50g red lentils
fresh coriander, roughly chopped(optional)
low-fat yoghurt optional
naan bread or rice to serve

Method:

1. Heat the oil in a large pan and cook the onion over a medium heat for 3-4 minutes until softened, stirring occasionally.
2. Tip in the potatoes, carrots and parsnips and cook for 6-7 minutes, stirring, until the vegetables are golden.
3. Stir in the curry paste or powder and garlic.
4. Pour in the stock and then bring to the boil.
5. Reduce the heat, add the lentils, cover and simmer for 15-20 minutes until the lentils and vegetables are tender and the sauce has thickened.
6. Top with yoghurt and the rest of the coriander.
7. Serve with naan bread.