INGREDIENTS

3 tbsp butter (unsalted)

4 garlic cloves (crushed & chopped)

1 & 1/2 tbsp ginger (skin on, grated)

1 onion (finely chopped)

2 tbsp curry powder

1/2 tsp turmeric powder

1/2 tsp cayenne pepper (optional)

Pinch of chilli flakes (optional)

1 & 1/4 tsp salt

1/2 tsp black pepper

1 tin canned lentils (drained)

400 ml can coconut milk

400g can tinned tomato

3 cups water

TO SERVE

1/2 cup coriander (finely chopped)

1/2 cup yoghurt (optional)

1 lime (optional, cut into wedges)

Basmati rice (cooked as per pack instructions)

INSTRUCTIONS

1. Melt butter in a pot over medium heat. Add onion, ginger & garlic and cook slowly, stirring every now & then until there is a golden tinge in the pan & onion is sweet (10 mins)

2. Turn heat up to high, add curry & turmeric powder and stir for 1 & 1/2 minutes

3. Add all remaining ingredients and stir. Bring to a simmer then place lid on and adjust heat to low / medium low so that it is simmering gently

4. Allow curry to simmer for 20 minutes then remove lid and simmer for a further 5 minutes to reduce the sauce (the sauce should be thick and creamy. Too thick, add water. Too thin, simmer with the lid off - will thicken quickly)

5. Stir through half of the coriander, then taste and add more salt if needed

6. Serve over basmati rice, sprinkled with more coriander, a couple of lime wedges and a dollop of yoghurt

Summerset Cooking with a MasterChef

Tinned Lentil Curry

🍴 2-4 servings   🕐 30 minutes

Fancy making something tasty and different for dinner but don't want to have to buy a whole heap of exotic ingredients you may not use again? Then this tinned lentil curry is the meal for you! It's quick, easy, and uses ingredients you may already have sitting in your pantry.

The leftover curry is even better the next day, either with fresh rice or on toast.