

Chick Pea & Lentil Korma

5 portions

1 Onion

1 small tin Tomatoes

100gms Potatoes

1 Pepper

1 Broccoli

½ Cauliflower

100ml Vegetable Stock

2 tspn Curry Powder

1 tspn Cumin Powder

50gms Red Lentils

1 small tin Chick Peas

Method

1. Dice all vegetables and fry gently with a little oil.
2. Add spices and tomatoes.
3. Add chick peas and precooked lentils.
4. Cook until vegetables are tender.
5. Once cooked serve with boiled rice or naan bread.

