

Mixed Vegetable and Red Lentil Curry



Serves 4

Ingredients

2 tsp olive oil

1 onion chopped

2 cloves garlic, crushed

1 tbsp grated ginger

8 fresh curry leaves

1 tsp garam masala

1 tsp ground coriander

1 tsp ground tumeric

$\frac{1}{2}$ tsp chilli powder

1 carrot chopped

2 new potatoes chopped

300g orange sweet potato, peeled and chopped

200g cauliflower florets

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800g can chopped tomatoes

500ml water

190g red lentils

155g peas

130g low fat Greek- style plain yoghurt

2 tbsp chopped fresh coriander

Method

1. Heat the oil in a large an over medium heat. Add the onion, garlic, and ginger and cook for 5 minutes until the onion is soft.
2. Add the curry leaves, garam masala, ground coriander, ground tumeric and chilli powder and cook until fragrant.
3. Add the carrot, potatoes, sweet potato, cauliflower, tomatoes and water and bring to the boil. Stir in the lentils, cover and cook for 20 minutes or until the lentils are soft. Stir a couple of times during cooking to stop the lentils from sticking to the pan.
4. Add the peas and cook for 5 minutes. Remove from the heat and stir in the yoghurt. Sprinkle with the coriander and serve with steamed basmati rice. Asparagus and baked sweet potato.

Nutrition value:	per 100g serving
Fat	4.4g
Saturated fat	0.5g
Protein	2.4g
Carbohydrate	49.4g
Fibre	15.6g
Sodium	0.18g
Low GI	