

Brown Lentil Curry

Ingredients:

3 tablespoons (tbsp) butter

4 cloves garlic, peeled and chopped finely

2 teaspoons (tsp) minced ginger

1 brown onion, peeled and chopped small

1 zucchini, diced into little cubes

1 large carrot (or 2 small carrots) diced into little cubes

2 tablespoons (tbsp) curry powder

1 teaspoon (tsp) turmeric powder

1 teaspoon (tsp) salt

1 teaspoon (tsp) black pepper

2 cans brown lentils, drained

1 can coconut milk

3 cups water

1 can crushed tomatoes

Method:

- Heat a fry pan on medium heat. Add butter, onion, zucchini, carrots, garlic and ginger. Cook for a few minutes until the onion starts to brown.
- Add curry powder and turmeric and cook for 1 minute. Add remaining ingredients and stir.
- Turn heat down to a simmer and cover with a lid. Cook for 30 minutes, stirring occasionally.
- Uncover and cook for another 10 minutes. The sauce should be thick enough to coat the back of a spoon.
- Give it a taste test to make sure it tastes great add more salt and pepper if needed.
- Serve into 4 large bowls.