

## Red Lentil curry

*from Patrick Holford*



### INGREDIENTS

#### **Serves 4**

310g red lentils, rinsed and drained  
1 medium onion, chopped  
4 garlic cloves, chopped  
Handful of fresh coriander, chopped  
4 tsp vegetable bouillon powder  
400g can tomatoes  
1 heaped tsp curry powder

### METHOD

- Put the lentils in a pan with 600ml water, onion, garlic and bouillon powder. Bring to the boil and simmer for 10 mins.
- Add the tomatoes and curry powder, and stir well. Cover and simmer for another 20 mins, stirring occasionally to ensure it does not stick to the pan.
- If it starts to get too thick, add a little water or if it seems too watery, leave uncovered. Lentils should form a porridge-like consistency.
- Serve in warm bowls with some chopped coriander and a salad on the side.