

# Chickpea & Lentil Curry

## Ingredients

1 tbsp oil  
2-3 tbsp curry powder  
1 onion, or 3-4 spring onions, chopped  
2 cloves of garlic, crushed  
Small piece of fresh ginger, peeled and finely grated  
750g mixed vegetables such as green beans, cauliflower, broccoli, peppers, chopped into chunks  
400g can chopped tomatoes  
400g can chickpeas with liquid  
750ml vegetable stock  
100g dried red lentils  
Handful of chopped, fresh spinach, cabbage or kale leaves



## Equipment

Tablespoon, wooden spoon, grater, measuring jug, knife, chopping board, garlic crusher, weighing scales, saucepan

Prep Time: 15 minutes  
Cook Time: 20 - 30 minutes

## Method



Step 1: Heat the oil in a medium saucepan and add the curry powder, onion, garlic and ginger. Cook gently for 2 - 3 minutes, or until the onion has softened.



Step 2: Add the vegetables, tomatoes, chickpeas with liquid, stock and lentils to the saucepan. Increase the heat to bring to the boil, then simmer for 15 - 20 minutes, or until the vegetables are just tender and the lentils are cooked. Remove the pan from the heat and stir in the fresh leaves. Cover to allow the leaves to wilt for about 5 minutes. Serve with rice or flat bread.

## Top Tips

Whilst the curry is simmering, bring a saucepan of water to the boil. Add 3 cups of rice. Bring the rice back up to the boil, turn down to a simmer for 12 - 15 minutes until the rice is tender.

Use up any vegetables you have in your fridge or cupboard for this curry - especially if they look like they are nearly past their best! Frozen veg also works well. Remember to reduce the cooking time.



**Thank you for cooking with us!**

Share your photos with us on social media and tag @UKHarvest  
or email them to [info@ukharvest.org.uk](mailto:info@ukharvest.org.uk)