

Creamy Lentil & Vegetable Curry (serves 4)

- 2 tbsp Rapeseed oil
- 1 Onion, Chopped
- 1 tsp Ground Cumin
- 1tbsp Madras Curry Powder
- 200g Red Lentils
- 2 Sweet Potatoes, peeled and cut into cubes
- 1 ltr Vegetable stock
- 400g canned cherry tomatoes
- 200g green beans, trimmed and cut into short lengths
- 4 tbsp Greek Yoghurt
- ½ small bunch coriander, chopped

How to Make

Heat the oil in a pan and fry the onion until softened. Add in the spices and cook for a minute then add in the lentils, sweet potatoes, stock and cherry tomatoes.

Bring to the boil then cover and simmer for 20 mins until the lentils and sweet potatoes are tender.

Add in the green beans, cook for 2 mins then stir in the yoghurt and some seasoning. Sprinkle over the chopped coriander.

Pour into the food flask and, when ready to serve up, pour into a bowl with some rice and/or naan bread.

