



1 onion

5 garlic



1 thumb of ginger

1 tsp turmeric

3 tsp cumin

3 tsp ground coriander

3 tsp curry powder



250g red lentils

1 tin chopped tomatoes



500ml stock

1 tin coconut milk



3 tsp
soy
sauce

3 tsp
peanut
butter



1 lime



1. Dice 1 onion,
2. Fry onion with ghee and salt (8 mins)
3. Mince 5 garlic + 1 ginger, fry for 2 mins
4. Add spices (1 turmeric, 3 cumin, 3 coriander, 3 curry powder). Cook for 2 mins.
5. Rinse lentils, add to pot.
6. Add 1 tin of tomatoes, 1 tin of coconut milk, 500ml stock, 3 tsp soy sauce, 3 tsp peanut butter.
7. Boil, then simmer for 20 mins.