



- 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

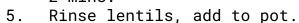
1 tin coconut milk



1. Dice 1 onion,

mins

- 2. Fry onion with ghee and salt (8 mins) 3. Mince 5 garlic + 1 ginger, fry for 2
- 4. Add spices (1 turmeric, 3 cumin, 3 coriander, 3 curry powder). Cook for 2 mins.



- 6. Add 1 tin of tomatoes, 1 tin of coconut milk, 500ml stock, 3 tsp soy sauce, 3 tsp peanut butter.
- 3 tsp peanut butter

soy

sauce



7. Boil, then simmer for 20 mins. 1 lime