Spicy lentils

Preparation time

15 minutes

Cooking time

20 minutes

Serves

4

Recipe courtesy of

Irresistibles for the Irritable by Sue Shepherd



Ingredients Method Nutrition

1 cup (200g) red lentils (canned lentils can be used to save time)

1 tsp olive oil

4 medium (560g) tomatoes, chopped

2 medium (240g) carrots, diced

1 small (100g) zucchini, grated

3 cloves garlic, crushed

2 tsp ground cumin

2 tsp ground coriander

1 tsp paprika

2 tsp ground turmeric

1 tsp brown sugar

1/2 cup fresh parsley, finely chopped

freshly ground black pepper to taste

1. Add lentils to a large saucepan of boiling water. Reduce heat to low, simmer uncovered, for 8-10 minutes or until the lentils are just tender. Drain.
2. Heat olive oil in a large frying pan over medium-low heat and saute tomatoes, carrot, zucchini, garlic, cumin, coriander, paprika turmeric and sugar.
3. Cook simmering for approximately 10 minutes.
4. Stir in lentils, parsley and pepper. Heat through and serve.

Nutritional information is provided per serve

Engery	681kJ (163 calories)
Protein	6g
Saturated Fat	1g
Total Fat	5g
Carbohydrates	19g
Sugars	10g
Dietary Fibre	8g
Sodium	46mg