

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