

DINNER

MIXED VEGETABLE AND LENTIL CURRY



SHOPPING LIST:

200 g pack baby leaf spinach
 145 g balti paste
 1 aubergine, trimmed and roughly chopped
 2 x 390g cartons Italian chopped tomatoes
 450 ml hot vegetable stock, made with 1 vegetable stock cube
 150 g dry red lentils
 15 g fresh coriander, washed and chopped, reserving a few leaves to garnish
 200 g cooked cauliflower
 200 g cooked cabbage
 2 packs handcrafted garlic and parsley flatbreads (optional, not vegan)

COSTINGS: *£1.20 per serving

NUTRITIONAL INFORMATION:

Calories: 645 |
 Carbohydrates: 42.3g |
 Protein: 43.4g | Fat: 33g |
 Saturated Fat: 13.6g | Salt: 2.5g | Fibre: 2.6g | Sugar: 4.6g

Selecting vegetables that are in season is key for this recipe. Chose vegetables that are in season and grown locally to get those extra flavours and nutrients. This recipe will work with any veg so think variety and colour!

Preparation time:

5 mins

Cook time:

30 mins

Servings:

4

DIRECTIONS:



1. Bring a large pan of water to boil, add the spinach, and cook for 2 minutes. Drain and then run under cold water to cool, squeezing any excess water, then roughly chop and set aside



2. Meanwhile, heat a large pan or wok over a medium-high heat and add the Balti paste. Allow to sizzle for a minute then add the aubergine and stir fry for 8 minutes.



3. Add the chopped tomatoes, vegetable stock, and lentils.



4. Reduce the heat and simmer for 10 minutes



5. Stir in the chopped coriander, spinach, cauliflower, and cabbage, then simmer for another 5 minutes.



6. garnish with the reserved coriander leaves and serve with flatbreads

*Average supermarket pricing as of March 2021

Christchurch Food Festival Education Trust: Charity Number 1127292

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