

DT food y6 03/10/16

Potato lentil and spinach curry

Ingredients

400g White Potatoes

¼ of a bag of frozen chopped spinach

1 x Medium White Onion

2-3 cloves Garlic - to taste

1 x Tinned Chopped Tomatoes

2 tsp Ground Cumin

1 tsp Ground Ginger

1 tsp curry powder

1 tsp Turmeric

1tsp Oil

3 tbsp. Red Lentils

5cm cube of creamed coconut

Salt and Pepper

Method

Finely chop the garlic and slice onions.

Add oil to a large pan, then fry the garlic and onions on a low heat for 5 minutes.

Turn the heat up and add the potatoes, add the spices and stir to coat the veg, cook for 3-4 minutes stirring constantly to toast the spice.

Add the red lentils.

Add the tin of chopped tomatoes, and add 200ml water.

Add the spinach and the creamed coconut, cook for 20minutes until the potatoes are soft

