



Potato



and



Lentil



Curry



what



ingredients



how much



olive oil



1 teaspoon



onion

1

1



garlic



one teaspoon



ginger

&



cumin



1 teaspoon



ground coriander

2



2 teaspoon



chilli

&



turmeric



a pinch



what



ingredients



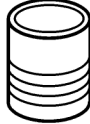
how much



tinned tomatoes

1

one



tin



tomato puree

2

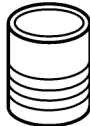
2 tablespoons



lentils

1

one



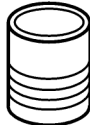
tin



carrots

1

1



tin



chopped



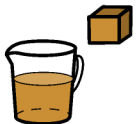
potato

6

6



potatos



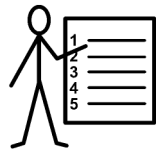
vegetable stock

250

250



ml



Method



boil



potato

for

8

8



minutes

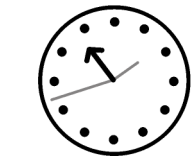


fry



onion

for 2-3



minutes



+



add

ginger,



chilli,



turmeric,



coriander,



garlic

+

and



cumin,



fry

for

1

1



minute



+



add

carrot,



potato,



tomatoes,



puree,



lentils,



stock



simmer

for

15 minutes

