

Spicy Root and Lentil Casserole

Ingredients

- 1 tbsp sunflower oil
- 1 onion, chopped
- 1 clove garlic crushed
- 2 good size potatoes cut in chunks
- 2 carrots thickly sliced
- 1 parsnip thickly sliced
- 1 tbsp curry powder (or paste)
- 500ml vegetable stock
- 50g red lentils
- fresh coriander, roughly chopped (optional)
- low-fat yoghurt (optional)
- naan bread or rice to serve



Method

1. Heat the oil in a large pan and cook the onion and garlic over a medium heat for 3-4 minutes until softened, stirring occasionally.
2. Tip in the potatoes, carrots and parsnips, turn up the heat and cook for 6-7 minutes, stirring, until the vegetables are golden.
3. Stir in the curry paste or powder, pour in the stock and then bring to the boil.
4. Reduce the heat, add the lentils, cover and simmer for 15-20 minutes until the lentils and vegetables are tender and the sauce has thickened.
5. Top with yoghurt and the rest of the coriander.
6. Serve with naan bread or rice.