Vegie Curry Squad

nom

Serves **8-10**

TIP
Swap lentils for tinned '4 bean mix'

Ingredients

1 onion
2 cloves garlic
Spray oil
400g tin brown lentils
500g mixed frozen vegetables
2 tomatoes
1 bunch coriander (leaves only)

2 teaspoons curry powder
1 tablespoon salt-reduced vegetable stock powder
400ml tin light coconut milk
3 tablespoons cornflour
1 cup water

Equipment

Knife
Chopping board
Frypan and lid
Large spoon
Can opener
Strainer
Measuring spoons
Measuring cups
Bowl
Spoon

Tasty learning for life

How to make it

1. Finely dice onion and garlic. Spray frypan with oil and turn on to medium heat. Add onion and garlic to frypan. Cook until browned.

2. Drain lentils using a strainer. Add frozen vegetables and lentils to frypan and stir through with large spoon. Cook with lid on for 10 minutes until vegetables are soft.

3. Dice tomatoes and coriander leaves into small pieces. Add chopped tomatoes and coriander to frypan and mix well.

4. Add curry powder, vegetable stock powder and coconut milk to frypan and gently stir. Add 3 tablespoons of cornflour and 1 cup of water to a medium bowl and mix well with a spoon.

5. Add cornflour mix to frypan. Gently stir as the cornflour begins to thicken the sauce. Cook for 5 minutes then serve.

For more great recipes and resources visit nom.org.au