



Chickpea and Lentil Curry



DIFFICULTY: EASY



PREPARATION TIME: 20
MINUTES



COOKING TIME: 30 MINUTES



SERVES: 4-6

Ingredients

Curry

1 x 400g can crushed tomato
1 x 400 ml can coconut milk
400ml water
2 x 400 g can chickpeas
200g red split lentils
2 cloves crushed garlic
2 tsp crushed ginger
1-2 chilli chopped
1 tbsp cumin
2 tsp coriander
1 tsp garam masala
1 tsp turmeric
½ bunch curry leaves
2 tsp salt
1 tsp cracked black pepper
1 lime, juiced

Rice

200g Basmati rice
400 ml water
1 clove garlic crushed
1 tsp turmeric
1 tsp cumin
½ tsp garam masala
1 tsp salt

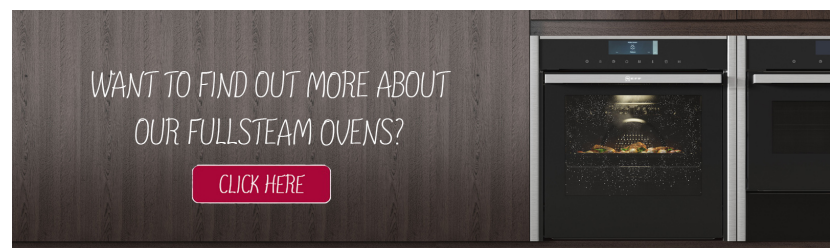
Method

Curry

For the curry, strain the chickpeas and run under cold water for one minute. Place all ingredients except the lime juice into a non-perforated tray and put into the oven on [FullSteam](#) at 100 degrees for 30 minutes. Once cooked, remove from the oven and squeeze in the lime juice. Stir and serve.

Rice

Add all ingredients together and place in a non-perforated tray on [FullSteam](#) at 100 degrees for 20 minutes. Stir and serve.



Notes