



# Chickpea and Lentil Curry



DIFFICULTY: EASY



PREPARATION TIME: 20  
MINUTES



COOKING TIME: 30 MINUTES



SERVES: 4-6

## Ingredients

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### 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

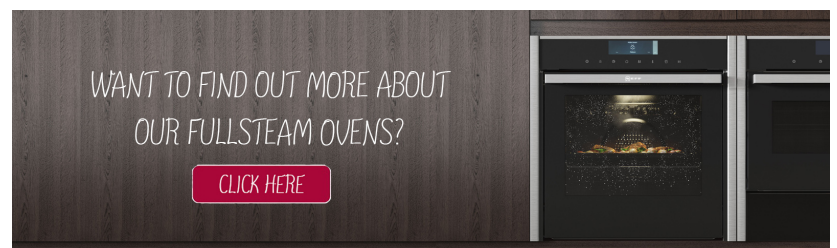
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### Curry

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

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