



# 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

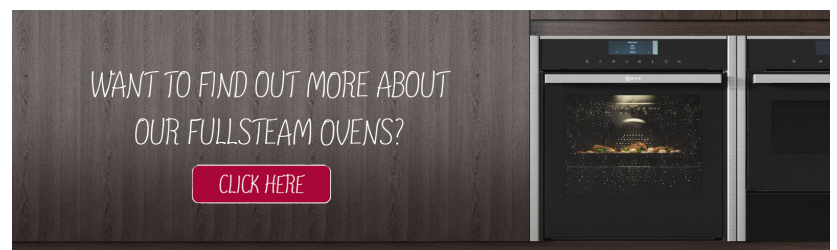
## Method

### 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