

Lentil Curry

1 ½ cups brown lentils (French/ puy lentils are good)
2 bay leaves
4 vegetable stock cubes
2 medium onions, diced
1 large or 2 small apples, diced finely
2 cloves garlic
2 Tbsp canola or olive oil
3 Tbsp curry powder
½ cup sultanas
juice of 1 lemon
2 x 400g tins or 1 x 800g tin of chopped tomatoes

Soak lentils in 4 cups of water for several hours. Place in saucepan, add bay leaves and stock cubes/powder; cook gently until soft then drain. Meanwhile, sauté onion, apple and garlic in the oil for 5 minutes or until soft, add curry powder and sultanas and cook for a few minutes more. Add lentils, lemon juice and tomatoes and simmer for about 10 minutes. Season to taste and then serve with rice.

Health Habits:

- Basing a curry around lentils. Lentils are an excellent source of protein and fibre, they are low in fat and rich in vitamins and antioxidants
- Using a healthy oil such as olive or canola to brown vegetables and using minimum quantities of it