Lentil & Root Vegetable Stew Recipe Sheet

A little bit of cupboard love...

Ingredients

1 tbsp. Vegetable Oil
1 Onion – finely chopped
1 Garlic Clove – Crushed
700g Potatoes – Cut into chunks
2 Carrots – In chunks
1 Parsnip – In chunks

1 Sweet Potato in chunks
1/2 Butternut Squash - in chunks
1 tbsp. Curry Powder
1 Litre Vegetable stock
200g Red Lentils

Method

o   Chop up all your veg in preparation –I prefer chunks but you can do strips if you prefer
o   Heat the vegetable oil in a large saucepan and fry the onions and garlic until soft.
o   Add the potato and the other veg and cook on a high heat until a little golden. (If you don't have a large saucepan you may need to split it between two)
o   Add the curry powder and stock and make sure to mix everything together thoroughly.
o   Bring everything to the boil and then add the lentils and reduce to simmer for around 20 minutes. (The stew should be a really creamy consistency – so I usually end up cooking it a little longer – if you prefer lentils with a bit of bite then it should be fine after about twenty minutes. I'm very much a 'wing-it' kind of cook so sometimes the veg aren't done enough for me and I'll leave it a while longer – just keep an eye and keep stirring until you get a consistency you like)
o   Finally stir through the coriander if you like it and serve with some hot naan bread or rice (or both if you are greedy like me!)

Step 6 - Serve with rice & Naan