



LENTIL & CAULIFLOWER CURRY

1tbsp olive oil
1 large onion, chopped
3tbsp curry paste
1tsp turmeric
1tsp mustard seeds
200g red or yellow lentils
1l low-sodium vegetable stock
1 large cauliflower, broken into florets
1 large potato, diced
3tbsp coconut yogurt
coriander, chopped
lemon
brown rice, to serve

1. Heat the oil in a large saucepan and cook the onion until soft, ~5 mins. Add the curry paste, spices and lentils, then stir to coat in the onions and paste. Pour in the stock and simmer for 20 mins, then add the cauliflower, potato and a little extra water if it looks dry.
2. Simmer for 12 mins or until the cauliflower and potatoes are tender. Stir in the yogurt, coriander and lemon juice, and serve with the brown rice.