

November

CARROT AND LENTIL CURRY

Savour the warming nourishment of November.

This low-cost nutritious curry will keep the bugs at bay, carrots are rich in Vitamin A to boost Immune system and lentils provide protein and fibre!



Carrots are full of fibre and rich in Vitamin A

RECIPE INGREDIENTS

Serves 4

- 1 tablespoons of olive oil or vegetable oil rapeseed or sunflower
- 1 onion, finely chopped
- 3 garlic cloves, minced
- 1-inch piece of ginger, grated
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 4 large carrots peeled and cut into thin rounds (500g)
- 2 cups of red lentils, rinsed (200g)
- 350ml reduced fat coconut milk
- 400ml vegetable stock (low salt)
- 1 can of chopped tomatoes (400g)
- Fresh coriander, chopped (for garnish)

COOKING INSTRUCTION AND NOTES

1. Heat the oil in a large pot over medium heat.
2. Add the chopped onion and sauté until soft and golden, about 5-7 minutes.
3. Stir in the garlic and ginger, cooking for another 2 minutes.
4. Stir in the ground coriander, turmeric, ground cumin, and paprika cook for 2 minutes
5. Add the carrot rounds to the pot and stir to coat them in the spice mixture.
6. Add the red lentils, coconut milk, vegetable stock, and chopped tomatoes. Stir to combine.
7. Bring the mixture to a boil, then reduce the heat and simmer for 25-30 minutes, or until the lentils and carrots are tender. Stir occasionally.

For children under 1 year of age: For infants requiring pureed texture blend down until smooth.

Tips: Serve the carrot and lentil curry hot, garnished with fresh coriander, alongside cooked brown rice. Freezers well if batch cooking.

Food Labelling and Allergen Information

EU Label values per 100g				Serves 4	
	PER 100G	%RI	PER 438G SERVING	%RI	
Energy(Kj)	357 kJ	4%	1565 kJ	19%	<p>MAY CONTAIN:</p>
Energy(kcal)	85 kcal	4%	373 kcal	19%	
Fat	2.6 g	4%	11 g	16%	
<i>of which saturates</i>	1.3 g	7%	5.6 g	28%	
Carbohydrate	9.7 g	4%	42 g	16%	
<i>of which sugars</i>	3.8 g	4%	17 g	19%	
Fibre	3.7 g	15%	16 g	64%	
Protein	3.8 g	8%	17 g	34%	
Salt	0.05 g	1%	0.23 g	4%	