

Very tasty red lentil chilli

Serves 4

Method

- Start by preparing all of the ingredients:**
Weigh the lentils and put them in a large bowl covered with cold water
Peel and slice the onion
Peel and crush the garlic - or slice finely
Slice the chilli and remove seeds - then wash your hands!
Wash and grate the courgette - no need to peel.
- In a large saucepan - warm the oil and then add the chopped onion.**
Fry for a few minutes until softened
- Add the chilli, garlic and spices (coloured in Orange) and fry gently for a couple of minutes**
- Take the pan off the heat while you rinse and drain the lentils. Boil the kettle and make 400ml of stock by adding the stock cube to the boiled water in a jug and stirring.**
- Return the pan to the heat and add the tomato puree, drained lentils and tomatoes, and stock. Stir and then turn the heat up until the mixture starts to boil.**
- Reduce the heat and simmer the mixture with a lid on for about 15 minutes.**
Stir occasionally to make sure the mixture does not stick to the bottom.
- Add the grated courgette and beans. Cook for a further 10 minutes until everything is cooked, soft and the mixture has thickened slightly.**
- Serve with homemade tortillas and/or rice.**

Ingredients

- 175g red lentils
- 1 tsp vegetable oil
- 1 onion
- 2 cloves garlic
- 1 red chilli
- ½ tbsp ground cumin
- ½ tbsp ground coriander
- 1 tsp paprika
- 1 tsp ground black pepper
- 1 tbsp tomato puree
- 1400g tin tomatoes or passata
- 1 Stock cube
- 1 Large courgette
- 1 Tin of black beans or any other bean you can find in the cupboard!

