

RANGER NICK'S

INDIAN GINGERED GREEN LENTILS

serves 4 people



The green lentil curry with ginger and spices is ideal for vegetarians.

This classic dish offers a rich flavor sensation with a combination of various spices and will suit the majority of your friends and family.

Feel free to increase the heat by adding chilli or pepper.

Enjoy and "GET IT INDAYA!"

Fresh Ingredients:

- 1 cup green lentils
- water or stock to cover (500ml)
- 2.5cm chopped ginger
- 1 chopped onion
- 2 tbsps oil
- 1 diced carrot
- 1 tin diced tomatoes
- 60g sliced mushrooms
- 1 tblsp vinegar

You'll need:

- Cutting board
- Sharp knife
- Wooden spoon
- Measuring spoons
- Cook pot

Method:

Heat oil in your cook pot and fry ginger with onions until soft. Add spice mix, stir through and fry for a minute. Add water/stock and lentils, bring to the boil and let simmer for 20 minutes. Add tomatoes, carrots, mushrooms and simmer for a further 20 minutes. Stir in vinegar, simmer for another couple of minutes, take off the heat and serve with rice.

Watch it on Youtube at <https://youtu.be/dSIBvvqpNeY>