

GREEN LENTIL CURRY

2 tbsp groundnut oil
1 onion chopped
1 clove garlic, crushed
200g button mushrooms (halved if large)
150g Crazy Jack Green Lentils, washed and drained
1 tbsp medium curry powder
500g spinach leaves washed
Salt & pepper

1. Heat the oil in a medium saucepan and brown the onion slightly. Add the garlic and the mushrooms, and fry gently for about 5 minutes.
2. Stir in the lentils, coating evenly, and add the curry powder. Stir to soak up the juices and add water to cover the lentils.
3. Simmer gently with a lid on for 35-40 minutes until all the lentils are soft, stirring occasionally. Check halfway through cooking time, and add more water if necessary.
4. When cooked toss in the spinach leaves, taste and adjust seasoning. Serve on a bed of Crazy Jack Basmati Rice.