

## Red Lentil Stew

A warming, nourishing lentil and vegetable stew filled with flavour!

### Ingredients

- 1 cup red lentils, rinsed in cold water
- 1 tablespoon curry powder
- 1 tablespoon vegetable oil
- 1 small onion, finely chopped
- 2 garlic cloves, crushed
- 2 teaspoons grated ginger
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 teaspoon ground paprika
- 2 cups diced pumpkin
- 2 cups chopped sweet potato
- 2 celery stalks, chopped
- 100g green beans, cut into 2cm lengths
- 2 tablespoons lime juice
- Steamed brown rice, to serve
- Half cup water for frying

### Method

1. Place rinsed lentils, curry powder and 3 cups of cold water (750 ml) in a saucepan, bring to the boil, then reduce heat to low, and simmer for 10 minutes.
2. Heat water in a large frypan over medium heat, add onion and cook 2-3 minutes until soft. Add garlic, ginger and spices and cook for 1 minute. Add pumpkin, sweet potato and celery and cook, stirring, for 3-4 minutes.
3. Add pumpkin mixture to lentils and cook, covered, for 10 minutes. Add beans, cook for 5 minutes, then season with salt and pepper. Stir in juice and coriander.
4. Serve with brown rice.

