

OPEN KITCHEN RECIPES



The “you can make a curry out of anything” recipe and method

Servings:

6 servings as a full meal on its own, or 10-12 servings with rice or potatoes as a side. Can be scaled down or make a big batch and pop left overs in plastic tubs in the freezer for quick dinners on another night!

Cooks for:

5-7 hours in the slow cooker (very low energy, costs approx 30p in electricity on a standard tariff)

Prep / Active cooking time: 15 minutes

Cooking equipment:

- 3.5 litre capacity slow cooker
- 1 chopping board
- 1 sharp knife
- 1 dessert spoon and one teaspoon

Ingredients

1 dessert spoon curry powder
1 dessert spoon cumin
1 dessert spoon paprika
½ teaspoon salt
½ teaspoon pepper
200g of red lentils (approx one big tea / coffee mug full)
1 x can of tinned tomatoes
1 x vegetable stock cube
3 x can full of cold water from the tap

Around 1kg (2.2lbs) of any vegetables you like, including tinned or frozen. See what's in season and / or what's on offer.

For this recipe we used 1 medium onion, 1 whole head of cauliflower (including the green leaves), and 1 bag (just over 300g) of chopped carrots, just because they were on offer in the shops.

Make any type of curry you like! To bulk out this curry recipe and add flavour you can add any meat (chicken, lamb, etc), fish, tofu or lentils. If using meat / fish / tofu add around 300g. If using beans or lentils (chick peas, black beans, etc) use one 400g can (drain and rinse the beans).

Change the recipe to your taste - if you like spicy food, you can add ½ - 1 teaspoon of chilli powder, if you like your curries mild you can leave that out. If you like really mild or creamy curries, you can add a can of coconut milk, or buy some creme fraise or plain yogurt to add when serving.

Method:

Chop all the vegetables (shown in the video). If you can't access the video, all we're aiming to do is chop each of the different vegetables into cubes approx 1.5cm, or about the size of the top part of your thumb.

Add all the raw chopped veggies into the slow cooker.

Add all the spices, herbs and stock cube to the slow cooker.

Add the tinned tomatoes, lentils, and water to the slow cooker.

Stir well so that all ingredients are mixed together.

Pop the lid on the slow cooker, turn the slow cooker on, and leave the recipe to cook for 5-7 hours. The recipe can cook over night for up to 14 hours and will be absolutely fine.

Serve! This recipe is full of lentils, so it's a perfectly nutritious meal on its own, but can also be served with rice, potatoes, or breads on the side.

Nutrition Facts

Per Serving for vegan / lentil version (estimate): Calories: 292kcal Carbohydrates: 55.2g Protein: 13.1g Fat: 4.7g Saturated Fat: 1.8g Polyunsaturated Fat: 2.9g Sodium: 912mg Fibre: 14.7g Sugar: 16.4g