

## POTATO & LENTIL CURRY



**Serving:** 6

### INGREDIENTS

- 6 medium Potatoes, with skin (540g), cubed
- 175g red split lentils
- 70g tinned chickpeas, drained
- 4 Tbs curry powder

- 1 clove of garlic
- 1 piece of ginger (20g)
- 1 small onion, peeled
- 2 green chillies
- 1 tsp cumin seeds
- 1 tsp ground turmeric
- 1 tin of chopped tomatoes
- 2 handfuls of spinach
- 500ml water
- 1 bunch of fresh coriander
- 2 tsp. Canola Oil

## INSTRUCTIONS

Parboil the cubed potatoes for five minutes, then drain. Blend together the garlic, ginger, onion and chillies in a food processor or using a mortar and pestle. Heat the canola oil in a deep saucepan and cook the mixture with the cumin, turmeric and a pinch of salt and pepper for about three minutes on a gentle heat. Add the curry powder and cook for one minute more.

Put the potatoes, tomato, water and lentils into the saucepan and bring to the boil. Cook for about 15 minutes on a gentle boil until the water is well absorbed. Crush some of the potatoes to thicken the remaining liquid.

Finally, add the spinach and chickpeas stirring gently until the spinach wilts and then serve topped with fragrant chopped coriander.

## HEALTHY TIP!

Keep the skin on the potatoes to boost the fibre content! A kilojoule controlled serving

of Potato with skin contains 1.8g of dietary fibre compared to only 0.3g in the equivalent serving of ½ cup cooked white rice.

### Nutrition Information per serving:

<b>Energy (kJ)</b>	<b>Protein (g)</b>	<b>Carbohydrate (g)</b>	<b>Fibre (g)</b>	<b>Added Sugar (g)</b>
1074	12.2	33.5	10	0
<b>Total Fat (g)</b>	<b>MUFA (g)</b>	<b>PUFA (g)</b>	<b>SAFA (g)</b>	<b>Sodium (mg)</b>
3.4	1.5	1	0.4	145