

Ranger Nick's Gingered Lentils



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

Cutting board
Sharp knife
Wooden spoon
Measuring spoons
Cook pot

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

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 using hotter varieties of chilli.

Cooking 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.