

Lentil or Chickpeas curry with Spinach

Serves 6

Perfect protein dish for any vegetarian

Quick and simple to prepare

Ingredients

- 1 cup red lentils or a can of chickpeas.
- 1 onion
- 1 tomato diced fine
- 2 cups chopped spinach
- 1 tbsp vegetable oil and 2/3 cups water
- 2 tbsp Himalaya Gourmet Curry.

Method: Fry onion in vegetable oil. Add tomato. Stir in water. Bring it to a boil. Rinse lentils and add to boiling water. Cook for 5 minutes. When lentils are half cooked stir in the spinach and the curry masala. Cover and simmer until lentils are fully cooked, about 10 minutes. Add salt to taste. Serve on rice with Himalaya Gourmet mango chutney.