

Spiced lentils & potatoes with caramelised onions

Serves 2

Ingredients

110g/4oz lentils
225g/8oz potatoes
2 onions, chopped
1-2 tablespoons vegetable (or sunflower) oil
½ teaspoon turmeric
½ teaspoon black mustard seeds
½ teaspoon grated ginger
10g/1/2 oz creamed coconut, chopped
1 garlic clove, crushed
½ packet coriander, chopped
1 vegetable stock cube
Paprika, salt & pepper
Squeeze lemon juice

Method

Put lentils in 400ml/3/4 pint water with the vegetable stock cube. Bring to boil, then simmer uncovered for 20 minutes. Meanwhile, peel and chop the potatoes into ½ inch dice. Add these to the lentils after 10 minutes cooking time. Remove from the heat when lentils cooked and most water absorbed.

Fry the onions in 1 or 2 tablespoons of oil covered, for 5 minutes. Remove half of them and set aside. To the remaining onions add the garlic, turmeric, mustard seeds and ginger and cook for a further 5 minutes. Add the spiced onion mix to the lentils and potatoes and stir in the coconut until it melts. Add the lemon juice, coriander, salt & pepper. Keep warm.

Put the reserved onions back in the pan with a little more oil if needed. Fry over a moderate heat until crisp. Serve the lentil mixture topped with the crisped onions and a sprinkling of paprika.

Submitted by Maureen Thom.