

ROAST VEGETABLE AND LENTIL DHAL (V)

A healthy home-made version of this take-away favourite..

Serves 4

Per serving: 220 calories, 1.8g fat

Prep time: 25 mins

Cook time: 40 mins

INGREDIENTS

2 medium onions, finely chopped
2 courgettes, diced
1 small aubergine, diced
1 large red pepper, seeded and diced
175g (6oz) red lentils
1 x 400g can chopped tomatoes
150ml (1/4 pint) vegetable stock
2 garlic cloves, crushed
2 tsps chopped fresh thyme
2 tsps garam masala curry powder
8 cardamom pods, crushed and seeds removed
salt and freshly ground black pepper
fresh mint to garnish

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Place the prepared vegetables into a roasting tin, season well with salt and black pepper and bake at the top of the oven for 25 – 30 minutes until lightly roasted.
3. In a large saucepan, bring to the boil the lentils, tomatoes, stock, garlic, thyme and spices.
4. Simmer for 15 – 20 minutes to soften the lentils and allow them to absorb the liquid.
5. Add the roasted vegetables and simmer for 10 minutes to allow the flavours to combine.
6. Just before serving, sprinkle with fresh mint.

