

Pumpkin and Lentil Curry

Ingredients:

2 Tbsp oil
4 cups cubed pumpkin
4 potatoes chopped
4 carrots sliced
2 cups spinach, silverbeet or Kale
2 onions diced
4 cloves of garlic minced
2 Tbsp curry powder
2 tsp cumin
½ tsp turmeric
¼ tsp cloves
2 tins diced tomatoes
2-3 cups water
1.5 cups red lentils
Salt and pepper to taste

Method

Heat oil in pan. Add all vegetables **except** spinach. Add all spices stirring constantly. Sautee for approx. 1 min. noticing the aroma of the spices. Add tomatoes, water and lentils. Bring to the boil then cover and simmer until vegetables and lentils are tender (approx. 15 min.) Add spinach and simmer 2-3 min. until spinach is has wilted.

