



# Red Lentil Curry

Serves 6-8

## Ingredients

- 1 tbsp vegetable oil
- 1 onion chopped
- 1 clove garlic, chopped
- 1 green pepper
- 1.2ltr vegetable stock
- 350gm red lentils
- Black pepper
- 1 tbsp curry powder
- 1 tin chickpeas (optional)

## Slow Cooker Method

- Heat the oil in frying pan on a low heat
- Add the chopped garlic and onions , cook until soft.
- Stir in the curry powder and black pepper and add mixture to your slow cooker
- Add the lentils then pour over the hot stock
- Put the lid on the slower cooker and cook for 6-7 hours on low - until lentils are soft  
Serve with rice or naan bread

Remember not to remove the lid until cooking time is up.

