



Slow Cooker Red Lentil Curry

Serves 6-8

Ingredients:

- 1tbsp vegetable oil
- 1 onion, chopped
- 1 clove garlic, chopped or 1tsp garlic paste
- 1 green pepper
- 1.2l vegetable stock
- 350g red lentils
- black pepper
- 1tbsp curry powder
- 1 tin chickpeas (optional)

Method:

1. Heat oil in frying pan on a low heat, add garlic (only if using fresh garlic) and onions
2. Cook until soft.
3. Stir in curry powder and pepper
4. Add to slow cooker
5. Add lentils
6. Pour over hot stock
7. Cover and cook for 6-7 hours on low and until lentils are soft

Serve with rice or naan bread.

