

Spinach & Lentil

A recipe for a busy day

Serves 4

Ingredients

Lentils 1 tin or 1 cup cooked *(for a family of 4) I prefer split yellow lentils*

Spinach ½ kg bag

Tomatoes 2 medium, ripe or use tinned chopped tomatoes

Ginger 1 cm grated or finely chopped

Garlic 1 or 2 cloves crushed or chopped *(omit if you don't like garlic)*

Olive oil or cooking oil 1 tsp

Turmeric 1 tsp

Salt/pepper to taste

Whole Cummin 1 tsp *(only if you can get it easily)*

Black pepper ¼ tsp

Onions chopped to garnish *(use only if you like onions)*

Serve with

Toasted pitta bread 1 per person

or Roasted potato 1 medium per person

or Basmati rice *(this recipe tastes best with rice and a dash of butter or ghee)*

or Wholemeal bread 1 or 2 slices based on your intake for the day

What can you prep :

Being prepared will give us more time to enjoy the food.

Soak your choice of dry lentils the night before in water.

Cook the lentils in the morning

Apart from orange-coloured split lentils, most lentil types take time to cook, so cooking them before is advisable. If you don't have the time use a tin of precooked lentils.

Wash the spinach. I would usually steam or pressure cook them, but you can cook with a little water until the leaves have wilted and reduced in size. Drain, then finely chop or use a hand blender.

Chop tomatoes into small chunks. You can also use a tin of chopped tomatoes.

Grate or chop the ginger, garlic & onion.

Pre-measure the required amount of spices ready to use.

1 x Large Saucepan for cooking



To complete a visual rainbow, try mango or slices of melon or any yellow fruit for dessert. Have fun cooking and above all, get your family involved!