

## Indian spiced lentil casserole



### Ingredients

175g lentils, 2 chopped tomatoes, 150g frozen spinach, 300g chopped mushrooms, 2 chopped onions, 3 garlic cloves, juice of 1 lemon, 2 tablespoons fresh coriander, finely chopped, 3cm fresh ginger, finely chopped, 1 teaspoon dried cumin, 1 teaspoon dried coriander, 1 teaspoon curry powder (strength to your taste), 1 small, chopped chilli, 2 teaspoons brown sugar, 1 pot of soy yogurt, cooking oil. Naan bread (optional).

### Preparation

You will need a large wok if possible or large pan.

1. Measure the lentils into the jug, and place into the pan. Use the same jug to measure out three times the quantity in water and add this to the lentils in the pan.
2. Bring to the boil, and then simmer gently on a low heat with a lid on for 15- 20 mins.
3. Meanwhile peel chop and sauté the onions, garlic, ginger, (de-seeded) chili and wash and trim the mushrooms.
4. Add the dry spices, lemon juice, tomatoes, frozen spinach, and then the mushrooms. Cook for 15 minutes or until soft.
5. Add the cooked lentils to the wok. Add the sugar and mix well then heat to serving temperature.
6. Before serving, adjust the seasoning.
7. Fold in the yogurt and decorate with the fresh coriander.

If you have big eaters you could have naan bread on the side. Freezes well.

**Serves 3-4**