

Vegetable Dhansak

Serves 4

2 tablespoons vegetable oil
1 med onion
3 cloves garlic, peeled and finely chopped
1 inch piece ginger, peeled and grated
1 tablespoon garam masala
1 teaspoon turmeric
½ - 1 teaspoon chilli powder according to taste
1 cauliflower
2-3 carrots
300g new potatoes, scrubbed



1 cabbage
200g red lentils
1 tin chopped tomatoes
2 teaspoons vegetable stock powder
soya yoghurt
fresh coriander

1. Finely chop the onion. Crush the garlic. Peel and grate the ginger.
2. Measure your spices onto a small plate.
3. Chop up the carrot and potato into small cubes.
4. Divide up the cauliflower. Chop up the cabbage, wash and leave to one side.
5. Heat 2 tablespoons vegetable oil in a large saucepan and fry the onion until soft.
6. Add the garlic, ginger, carrot and potatoes. Cook until the potato begins to soften.
7. Add the spices and keep stirring over the heat to cook. Be careful not to burn the spices.
8. Add the lentils and stir in the tinned tomato, vegetable stock powder and just cover the vegetables with water.
9. Turn up the heat until it comes to the boil then turn down and simmer for 15 - 20 minutes until the potato is cooked.
10. Add the cauliflowers and cabbage and continue cooking for 5 minutes until cooked.
11. If the curry is too watery, boil with the lid off until it's the correct consistency. If it's too thick, stir in water a little at a time. Check seasoning.
12. Stir in chopped coriander and a spoonful of soya yoghurt just before serving with rice.