

Lentils with Spinach

Lentils with spinach side dish.

This is an **English**¹ dish.

Ingredients

- 250 g red lentils
- 1 medium onion
- 10 ml curry powder
- 10 ml **FAIRTRADE** lemon juice
- 200 g frozen spinach
- 1 small green or red chili pepper.
- 2 cloves garlic
- 250 ml water or vegetable stock
- salt
- FAIRTRADE** freshly ground black pepper

Method

Preparation

Wash the lentils in running cold water.

Top and tail and chop fine the onion.

Skin and chop fine the garlic.

De-seed the chili pepper and chop fine.

De-frost the spinach.

Cooking

In a saucepan, fry the onion, garlic and chili gently in a little sunflower oil until starting to turn translucent.

Add the curry powder and lentils and stir fry for a minute or so, and then add the lemon juice, and water or stock.

Bring to the boil, cover, and simmer for 20 minutes.

Add the spinach and heat through.

Check the seasoning and adjust as necessary.

To serve

Turn out into a serving dish and serve hot as a side dish.

Variation

Adjust the spicy heat according to taste. The chili can be omitted completely if necessary.

Fresh spinach is OK, us 500 gm. Strip out the stems, and chop fine. Cook in a little boiling water before adding to the lentils.

¹<http://www.fairtradecookbook.org.uk/countries/england.htm>