

SIMPLE FAMILY RECIPIES

Easy Dahl

- 400g/14oz red lentils, rinsed in a sieve under cold running water
- 2 tsp ground turmeric
- 25g/1oz butter
- 2 tsp cumin seeds
- 3 garlic cloves, finely chopped
- 1-2 green chillies, finely chopped, to taste
- salt and pepper
- 200g/7oz rice, cooked according to the packet instructions

Place the lentils into a saucepan and cover with enough water to come 3cm/1¼in above the lentils. Bring to a boil, skimming off any froth as you bring it to the boil. Once simmering, add the turmeric along with half of the butter. Simmer gently for 20 minutes, or until the lentils are completely softened and the water is absorbed, but the mixture not dry.

Meanwhile, heat a small frying pan over a medium heat. Add the cumin seeds and dry fry until toasted and aromatic (about 1-2 minutes). Remove the cumin seeds from the pan and set to one side. Add the remaining butter to the pan and, once melted, fry the garlic and chopped green chilli for 1-2 minutes, or until the garlic turns light golden-brown, and the chilli is softened. Add the toasted cumin seeds back to the pan and remove from the heat.

Once the lentils are soft, give them a rigorous stir to break them up a little. Stir the chilli and garlic mixture (including any butter) into the pan with the lentils and mix well. Taste and adjust the seasoning as necessary.

Serve with rice and raw spinach.

Spinach, chickpea and cashew nut korma

- 1 medium onion
- 1 tablespoon of korma curry paste
- 200ml coconut milk
- 1 410g tin chickpeas, drained and liquid reserved
- 200g washed and ready to use spinach
- 90g plain cashew nuts

Place the onion in a large, deep, non-stick frying pan with the liquid from the chickpeas and bring to the boil, Lower the heat, cover and simmer for 5 minutes.

Remove the lid and gently cook for 2-3 minutes or until all the water has evaporated.

Add the curry paste and cook for 2-3 minutes more.

Stir in the coconut milk and bring to a simmer.

Add the chickpeas, spinach and cashew nuts and simmer for 5-10 minutes, uncovered, to heat through, wilt the spinach, combine all the flavour and thicken the sauce.

Serve with rice.

Easy Vegetable Katsu Curry

- Katsu curry paste (usually near the salt and pepper)
- 1 large white onion finely chopped
- 1 large clove of garlic (crushed)
- 1 pepper either red or orange
- 1 sweet potato (de-skinned and cut into cubes)
- 1 red skinned white potato (de-skinned and cut into cubes)
- Handful of frozen peas
- 1 tin of coconut milk
- Free range egg noodles
- Glug of olive oil

Heat the olive oil in a large heavy bottomed pan and add the onion chopped along with a pinch of sea salt (preferably Maldon salt) to prevent it sticking. Fry until softened (if the onion starts to stick add a small amount of water).

Then add the potatoes (rinse the white potato after peeling it and before chopping into cubes to remove the excess starch). Add a small amount of water (1 tablespoon) with the potatoes and cook for a further 10 mins.

Then add the chopped pepper and frozen peas and garlic and cook for a further five mins.

Add a tablespoon of the Katsu paste and stir in well and cook for a couple of minutes then add the whole tin of coconut milk. Stir well and simmer until the potatoes are fully softened.

Serve with the noodles.

Easy Curry Sauce for Batch Cooking