

Curried lentils:

Rinse 1c lentils and drain well. Put them in a large, heavy-based pan with 2c veg. stock and ½ tsp turmeric. Boil, then simmer covered for 10min (or until just tender,) stirring occasionally.

Heat 1.75 oz butter in frying pan. Add 1 onion. Cook until soft and golden. Add 2 cloves chopped garlic, 1 large green chili (chopped finely), 2tsp cumin, and 2tsp coriander. Add 2 chopped tomatoes. Simmer over very low heat for 5min, stirring frequently.

Season to taste and add 1/2c coconut milk. Serve with naan bread or rice.