

# 'Mince' and lentil curry

## **Ingredients**

- Plant based/Quorn
- 1 onion
- 1tbsp curry powder (any)
- ¼ tsp Chilli flakes/powder
- 1 garlic clove
- Can of lentils (not dried)
- Handful of spinach
- Small can (227g) of chopped tomatoes or passata
- Stock cube
- Container



1. Open the tin of tomatoes.



2. Dice the onion finely. Peel and crush the garlic.



3. Add the stock cube to a jug and make **100ml** of stock.



4. Drain the lentils in a sieve over the sink, rinse and pour into a small bowl.



5. Add 1tsp of oil to a pan, set to **heat 5** and sauté the onion for **5 minutes**.



6. Add the mince to the pan and brown it. **Miss out for vegan.**



7. Add the curry powder and chilli flakes and mix into the pan.



8. Add the chopped tomatoes, garlic, lentils and stock.



9. Leave to simmer for **12 minutes** then add the spinach and allow to wilt (**approx. 5 minutes**)