

Black Beluga Lentil & Chickpea Curry

A relatively simple curry to make that is packed with flavour and versatility. This is a Mild Heat but is adjustable through adding or removing chilli powder and finished with Lemon juice, the result is divine.

Ingredients

2 Tbsp Groundnut Oil
1 tsp Caraway Seeds
1 tsp Cumin Seeds
1 tsp Black Mustard Seeds
1 tsp Coriander Powder
1 tsp Hot Chilli Powder
½ tsp Cinnamon Powder
½ tsp Coarse Black Pepper
2 tsp Garam Masala
1 Red Onion – sliced
2 Garlic Cloves – minced
2 Dried Kashmiri Chillies – optional
3 Tomatoes – chopped (about 300g)
240g Chickpeas – rinsed and drained
240g Black Beluga Lentils – rinsed and drained
Salt & Pepper to taste
Lemon



Method:

Heat a large sauté pan on medium high, add the oil and when the oil is shimmering, add the seeds.

When the mustard seeds start to pop, add the onions with a little salt and sauté for 5 minutes.

Add the garlic, spices, pepper and chillies and sauté until fragrant, about 2 minutes.

Add the tomatoes and bring to the boil, then reduce the heat.

Taste and season with salt and pepper.

Add the chickpeas, mix through and cover for 4 – 5 minutes.

Add the lentils to the pan, mix through and cook for 2 – 3 minutes.

Taste and season.

Serve with rice and/or bread with a squeeze of Lemon Juice and julienned carrot.