Spicy Lentil Curry
RECIPE

Spicy Lentil Curry

Cooking time	45 mins
Preparation time	20 mins
Serves	8

Try this Spicy Lentil Curry next meat-free Monday. It's an affordable, quick and flavourful meal that can be served with rice, rotis or naan bread.

Ingredients

- 1 packet Royco® Chilli Beef and Green Pepper Soup
- 375ml brown lentils picked and rinsed
- 45ml sunflower oil
- 2 large onions sliced
- 1 green pepper seeded and diced
- 2 sticks celery sliced
- 3 carrots grated
- 10ml curry powder
- 125ml tomato puree
- 50ml fresh coriander chopped
- 30ml fruit chutney

Vegetarian

This recipe is suitable for vegetarians.

Family Friendly

If younger kids will be enjoying this meal with you, be sure to use a mild curry powder.

Method

1. Place rinsed lentils in a bowl and cover with boiling water. Leave to stand while preparing vegetables
2. Sauté onion, green pepper, celery and carrots in oil in a large saucepan. Add curry powder and stir-fry for a few minutes. Add drained lentils.
3. In a jug, mix together Royco® Chilli Beef and Green Pepper Soup, 850 ml cold water and tomato puree and pour over lentils. Add coriander.

4. Cover and simmer over very low heat for 45 minutes, stirring often. Stir in chutney during last 10 minutes of cooking time.

Recipe Tags

Packet Soups, Plant-Based, Light Meal

Related Recipes

Whole Baked Potatoes

Cooking time

70 mins

Preparation time

5 mins

Crushed & Crunchy Rosemary Potatoes

Cooking time

60 mins

Preparation time

15 mins

Pasta with Creamy Mushroom Sauce

Cooking time

10 mins

Preparation time

15 mins

Chicken Tikka Masala

Cooking time

35 mins

Preparation time

15 mins



Butter Chicken

Cooking time

45 mins

Preparation time

10 mins

Traditional Cape Malay Chicken Curry

Cooking time

30 mins

Preparation time

20 mins

Homestyle Lamb Curry

Cooking time

30 mins

Preparation time

20 mins



Butternut and Potato Bake

Cooking time

50 mins

Preparation time

15 mins

Korma Curry

Cooking time

25 mins

Preparation time

15 mins

Mediterranean Pasta Bake

Cooking time

35 mins

Preparation time

10 mins

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