

4 Delicious Lentil Recipes

Simple Lentil Curry & Rice

Ingredients:

For the Lentil Curry:

1 tbsp butter
1 onion, finely diced
2-3 cloves garlic, grated
2 cm ginger, peeled & grated
1 – 2 small chilis, finely sliced
1 tbsp curry powder, medium heat
2 tsp turmeric
1 can chopped tomatoes
1 Knorr Vegetable Stock Pot
1 cup boiling water
1 cup brown lentils
*optional – 1-2 tsp cayenne pepper
1 can coconut milk

For the Rice:

Jasmine rice
Fresh coriander
Toasted cashews
Lime wedges

Recipe:

For the Lentil Curry:

1. Cover lentils in warm water with a squeeze of lemon juice. Soak for 1-3 hours.
2. Melt the butter on a medium/low heat in a medium saucepan.
3. Add the onion, garlic, ginger & sliced chilli and sauté until onions are soft, 5-7 minutes.
4. Combine the curry powder & turmeric and add, stirring until fragrant, 1 minute.
5. Add the chopped tomatoes, 1 Knorr Vegetable stock Pot, boiling water, lentils, cayenne pepper (optional) and coconut milk and bring to the boil. Allow to simmer 35-40 minutes until the lentils are soft and the sauce has thickened slightly.

For the Rice:

1. Serve in a bowl on top of fluffy Jasmine rice. Garnish with toasted cashews, a handful of coriander and a lime wedge and ENJOY!

Lentil Curry Pies

Ingredients:

For the Lentil Curry:

1 tbsp butter
1 onion, finely diced
2-3 cloves garlic, grated
1 tsp peeled & grated
1 – 2 small chilis, finely sliced
1 tbsp curry powder, medium heat
2 tsp turmeric
1 can chopped tomatoes
1 Knorr Vegetable Stock Pot
1 cup boiling water
1 cup brown lentils
*optional – 1-2 tsp cayenne pepper
1 can coconut milk

For the Pies:

2 sheets of puff pastry
1 egg, eggwash
Chutney

Recipe:

For the Lentil Curry:

1. Cover lentils in warm water with a squeeze of lemon juice. Soak for 1-3 hours.
2. Melt the butter on a medium/low heat in a medium saucepan.
3. Add the onion, garlic, ginger & sliced chilli and sauté until onions are soft, 5-7 minutes.
4. Combine the curry powder & turmeric and add, stirring until fragrant, 1 minute.
5. Add the chopped tomatoes, 1 Knorr Vegetable stock Pot, boiling water, lentils, cayenne pepper (optional) and coconut milk and bring to the boil. Allow to simmer 35-40 minutes until the lentils are soft and the sauce has thickened slightly.

For the Pies:

1. Allow for the curry to cool.
2. Preheat the oven at 180°C.

3. Lay the sheets of puff pastry on a floured surface and press out large circles as well as equal amount of smaller circles. Press the large pastry circles in a greased muffin tin, add the cooled curry filling and cover with the top layer of smaller pastry. Fork the edges to ensure the curry won't seep out the top during cooking. Use a fork to form a steam hole.
4. Brush with the egg wash.
5. Bake for 30 minutes until golden & crispy.
6. Serve with a side of chutney and ENJOY!

Lentil Curry in Naan Edibowls

Ingredients

For the Lentil Curry:

1 tbsp butter
1 onion, finely diced
2-3 cloves garlic, grated
2 cm ginger, peeled & grated
1 – 2 small chilis, finely sliced
1 tbsp curry powder, medium heat
2 tsp turmeric
1 can chopped tomatoes
1 Knorr Vegetable Stock Pot
1 cup boiling water
1 cup brown lentils
*optional – 1-2 tsp cayenne pepper
1 can coconut milk

For the Naan Edibowls:

2 cups self-raising flour
1 ½ cups plain yoghurt
Non-stick cooking spray
Garlic butter, melted
Plain yoghurt
Fresh coriander

Method

For the Lentil Curry:

1. Cover lentils in warm water with a squeeze of lemon juice. Soak for 1-3 hours.
2. Melt the butter on a medium/low heat in a medium saucepan.
3. Add the onion, garlic, ginger & sliced chilli and sauté until onions are soft, 5-7 minutes.
4. Combine the curry powder & turmeric and add, stirring until fragrant, 1 minute.
5. Add the chopped tomatoes, 1 Knorr Vegetable stock Pot, boiling water, lentils, cayenne pepper (optional) and coconut milk and bring to the boil. Allow to simmer 35-40 minutes until the lentils are soft and the sauce has thickened slightly.

For the Naan Edibowls:

1. Prepare the iconic Foodies of SA 2 ingredient dough: Sift the flour and gently fold in the yogurt with a spatula until the mixture forms a dough. On a floured surface, knead the dough by hand for 5-8 minutes. If too sticky, add more flour while kneading.
2. Divide the dough into 4 equal balls. On a floured surface, roll each ball into a disk.
3. Pre-heat an oven to 180°C.
4. Set 4 oven-safe bowls on a baking sheet, upside-down. Spray with non-stick oil, then drape dough over each ramekin. The dough should almost - but not quite - touch the baking sheet. Prick the flat top of the dough with a fork several times.
5. Bake for 8-10 minutes. Lift the naan off of the bowls and set the bowls aside. Set the bread bowls right-side-up on the baking sheet and bake for 5 minutes, until insides are golden.
6. Brush the insides of the bowls with garlic butter and fill with a generous portion of rice and curry. Top with a dollop of plain yoghurt and garnish with fresh coriander and ENJOY!

Lentil Curry Tortilla Samoosas

Ingredients

For the Lentil Curry:

1 tbsp butter
1 onion, finely diced
2-3 cloves garlic, grated
2 cm ginger, peeled & grated
1 – 2 small chilis, finely sliced
1 tbsp curry powder, medium heat
2 tsp turmeric
1 can chopped tomatoes
1 Knorr Vegetable Stock Pot
1 cup boiling water
1 cup brown lentils
*optional – 1-2 tsp cayenne pepper
1 can coconut milk

For the Lentil Curry Tortilla Samoosas:

5 medium tortillas
Garlic butter, melted
Plain yoghurt
Cucumber
Mint
Coriander
Salsa, to serve

Recipe:

For the Lentil Curry:

1. Cover lentils in warm water with a squeeze of lemon juice. Soak for 1-3 hours.
2. Melt the butter on a medium/low heat in a medium saucepan.
3. Add the onion, garlic, ginger & sliced chilli and sauté until onions are soft, 5-7 minutes.
4. Combine the curry powder & turmeric and add, stirring until fragrant, 1 minute.
5. Add the chopped tomatoes, 1 Knorr Vegetable stock Pot, boiling water, lentils, cayenne pepper (optional) and coconut milk and bring to the boil. Allow to simmer 35-40 minutes until the lentils are soft and the sauce has thickened slightly.

For the Lentil Curry Tortilla Samoosas:

1. Allow the curry to cool slightly.
2. Preheat the oven at 180°C and grease a large tray.
3. Lay a tortilla on a plate. Add a 1/3 cup of the cooled curry in the centre on the tortilla.
4. Cut out a triangle from another tortilla (try get 6 triangles from one tortilla). Place the triangle on top of the curry mix in the centre of the whole tortilla.
5. Brush the edges of the whole tortilla with the melted butter.
6. Fold the edges into the middle to form a large triangle pouch.
7. Pack the giant samoosas onto a baking tray, fold side down, to avoid them breaking open while baking.
8. Brush with melted garlic butter.
9. Bake the lentil curry samoosas for 30 minutes until golden & delicious.
10. Garnish with fresh coriander and serve with a yoghurt-based dipping sauce and a tomato and onion sambal and ENJOY!