# Lentil and cauliflower curry

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Intro needed

**Ingredients** (Serves 4)

- Oil for cooking
- 1 onion, diced
- 2 cloves garlic, crushed
- 2 tsp grated ginger
- 2 tbsp Indian curry paste e.g. tikka
- 250 ml (1 cup) tomato puree
- 250 ml (1 cup) vegetable stock
- ½ cauliflower, roughly chopped

- 1 x 400 g can lentils, drained and rinsed (or cooked green or red lentils)
- 100 g baby spinach leaves

**Method**

Heat a large saucepan over a medium–high heat. Add a splash of oil and the onion and cook for 5 to 6 minutes, or until the onion is soft. Add the garlic, ginger and curry paste and cook for 1 to 2 minutes. Add the tomato puree, stock and cauliflower and bring to the boil, season with salt. Reduce heat and simmer for 10 to 15 minutes. Add the lentils and spinach and cook for 1 to 2 minutes. Check seasoning. Add a little more liquid should you feel it wants for it.

Add coriander leaves and serve with steamed rice.

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