

Less than 1 hour

Serves 4

Share

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

GOOD IDEA

Replace naan or rotis with a wholewheat pita or wrap for a diabetes-friendly option.

- 1 tsp (5ml) each mustard seeds and cumin seeds
- 15 curry leaves
- Vegetable oil
- 1 onion, sliced
- 2 carrots, peeled and sliced
- 2-3 Tbsp (30-45ml) garam masala
- $\frac{3}{4}$ packet (375g) red lentils
- 1 can (400g) chopped tomatoes
- 1 can (400g) coconut milk
- Lime juice, to taste
- Salt and milled pepper
- Naan bread or rotis, for serving

Method:

1. Fry seeds and curry leaves in a glug oil.
2. Add onion and carrot and sauté.
3. Add masala, lentils and 6 cups (1.5L) water, simmer for 30 minutes, then mix in tomatoes and coconut milk.
4. Remove from heat and purée until smooth.

5. Add lime juice, season and serve with warm naan bread or rotis.

[Browse more vegetarian recipes here](#)