

Less than 1 hour

Serves 4

Share with friends

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 2 packets (500g each) PnP roasting vegetables
- 2 Tbsp (30ml) olive oil
- 2 Tbsp (30ml) garam masala
- Salt and milled pepper
- 2 cans (400g each) PnP lentils, drained and rinsed
- Handful chopped coriander
- 1 onion, finely chopped
- 4cm knob ginger, peeled and finely chopped
- 3 cloves garlic, chopped
- 1 tsp (5ml) each ground turmeric, cardamom and cumin
- ¼ cup (60ml) chutney
- 1 cup (250ml) chickpea (chana) flour
- 1 can (400g) coconut milk
- ½ cup (125ml) water
- 2 Tbsp (30ml) tomato paste
- ⅓ cup (80ml) sunflower seeds
- 4 bay leaves or curry leaves
- Chopped chilli, for serving

Method:

1. Preheat oven to 180°C.
2. Toss vegetables in half the oil and half the masala.
3. Season and place on a roasting tray.
4. Roast for 20 minutes, or until just tender.
5. Tip vegetables into a 20-30cm ovenproof dish or 4 small serving bowls and stir through lentils and coriander.

6. Add remaining oil and onion and sauté until soft, then add ginger and garlic and cook through.
7. Add spices and fry for another minute.
8. Mix chutney, flour, coconut milk, water and tomato paste in a jug.
9. Pour mixture over vegetables and lentils.
10. Scatter over sunflower seeds and tuck in bay or curry leaves.
11. Bake for 20-25 minutes, or until golden and set.
12. Garnish with chilli just before serving.