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Ingredients:

- 2 Tbsp (30ml) canola oil
- 2 medium onions, chopped
- 2 Tbsp (30ml) garam masala
- 2 tsp (10ml) ground coriander
- 2 tsp (10ml) ground cumin
- 2 carrots, peeled and grated
- 4 salad tomatoes, quartered
- $1\frac{1}{2}$ cups (375ml) dried brown lentils, rinsed
- 4 cups (1L) water
- Salt and milled pepper
- 1 tsp (5ml) sugar
- Handful fresh coriander, chopped + extra for serving (parsley works well too)
- 1 can (425g) pilchards in chilli sauce
- Cooked rice, to serve

Method:

- 1. Heat oil in a large pan.
- 2. Brown $1\frac{1}{2}$ onion until soft and translucent.
- 3. Add spices and cook for a minute until fragrant.
- 4. Add carrots, 2 tomatoes, lentils and water.
- 5. Cook uncovered for about 30 minutes.
- 6. Season, add sugar and fresh coriander.
- 7. Add pilchards (with sauce) and carefully break up each one into chunks with a fork.
- 8. Chop up remaining tomatoes and add to remaining onion to make a sambal.
- 9. Garnish with extra coriander and serve with sambal and rice.

Cook's note: Replace pilchards with chunks of cooked hake and add fresh chilli for a flavourful kick.

Check Out Our Chicken Curry Recipe