

More than 45 minutes

Serves 4

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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
- 1½ 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 1½ 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](#)