



Pumpkin & Mount Zero Persian Red Lentils

This is a delicious vegetarian dish & will serve 4-6 people

Ingredients

- 1 cup Mount zero Persian Red Lentils
- 8 Herbies curry leaves
- 1 tsp vegetable oil
- Small onion finely chopped
- 2 gloves of garlic, crushed
- 2 tsp freshly grated ginger
- 1 tsp Herbies ground cumin
- 1 tsp Herbies ground turmeric
- 1 tsp Herbies smoked paprika
- 2 cups diced pumpkin
- 2 celery stalks – finely chopped
- 100g green beans
- 2 tsp lime juice
- 2 tbs chopped coriander

Method

Rinse your lentils, place them and curry leaves in 3 cups of cold water in a saucepan, bring to the boil, then simmer for 10 minutes. Heat oil in a frypan over medium heat, add onion and cook until soft. Add garlic, ginger and spices and cook for around 1 minute. Add pumpkin and celery and cook for around 4 minutes. Add pumpkin and other goodies to lentils, and cook with lid on for around 10 mins. Add beans, cook for a further five minutes, and season with salt and pepper. Stir in lime juice and coriander. Serve on steamed rice and top with plain yoghurt.

A lovely cold glass of Sparkling Pellegrino with a dash of Vincotto would be delightful...

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