

CHILLIED LENTILS GLUTEN FREE VEGAN RECIPE

Preparation time: 20 mins.

Cooking time: 1 hour approx

Serves 5 - 6

INGREDIENTS

1 tbsp rapeseed or olive oil
1 medium onion, peeled and chopped
1 tsp cumin seed
1 tsp coriander seed
2 sticks celery, sliced
2 medium carrots, diced
1 red pepper, diced
2 cloves garlic, crushed
1 medium courgette, cubed
200g mushrooms, sliced
1 tbsp tomato puree
1 heaped tsp cumin
1 heaped tsp mild chilli powder (more if you want)
180g Beluga or brown Lentils
2 tins tomatoes
200ml water
2 teaspoons vegetable bouillon powder
1 tbsp tamari

PREPARATION

1. Prepare the fresh ingredients. Scrub or peel the veg. Chop the carrots, celery and pepper up small, the courgettes into large chunks.
2. Heat the oil in a large pan and add the onion. Cook for 3-4 minutes then throw in the seeds and cook until they pop.
3. Add carrots and celery, cook for a couple of minutes until thoroughly mixed, then cover and reduce heat.
4. After 5 minutes increase heat and add remaining veg and garlic. Cover and cook on medium heat for 3 mins.
5. Stir in tomato paste, ground cumin and chilli powder, and sizzle on high heat for a minute or two.
6. Add the rest of the ingredients, bring to the boil then cover and simmer for 45 – 60mins, stirring now and then and adding water if necessary.

Serve with brown rice or baked potato. If you like cheese, top with a good, grated cheddar, like Montgomery.

N.B. Gluten free cooking requires care in selecting the ingredients, particularly processed and/or packaged foods. Check the ingredients list carefully, and use reputable brands. If in doubt, ask us about brands that we trust.

This Vegan and Gluten Free recipe brought to you by www.earthnaturalfoods.co.uk, suppliers of high quality gluten free and wheat free foods in London.

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