

Lentil Curry

Ingredients

– 4 portions -

200g red lentils
100g whole wheat or pearl barley
100g dried apricots
2 carrots, cut in strips
1 bunch spring onions, cut in rings
2 garlic cloves, finely chopped
2 tbsp oil
2 tbsp curry powder
1 tsp coriander
1 tsp cumin
pepper/chili to taste

Night before

Soak red lentils in plenty of water and let stand overnight.
Boil wheat or barley in 400ml water for a few minutes and let stand overnight.
Soak chopped apricots in 200ml water overnight.

Preparation

Fry the vegetables including garlic in the oil for 3min;
Drain the lentils and add to the vegetables, add the grains and apricots with the soaking liquid.
Boil for 15min.
Add the spices to taste.

The lentil curry goes nicely with a green salad and brown rice