

# Turban Chopsticks

## Puy Lentil Stew

*This is a hearty stew, great for those chilly nights. Cook together with meat, fish and winter vegetables, for a thick, wholesome meal. Serve with warm crusty bread and a dollop of fresh yoghurt.*

- ✓ Product of Australia 285g
- ✓ No Artificial Preservatives, Colours or Flavours
- ✓ 100% Vegetarian

### **Recipe**

**Serves:** 3 to 4 hungry tummies

**Cooking Time:** 45-60 minutes

### **Just add:**

- 500g lamb, fish or 2 cups of mixed vegetables
- 2 tomatoes, finely diced
- 1 onion, finely diced
- 2 tablespoons vegetable oil
- 2 tablespoons tamarind or lemon juice

### **How to:**

1. Heat a saucepan on medium heat. Add oil and spices enclosed in the packet and panfry. Add finely diced onion and fry until it is golden brown.
2. Add lamb, fish or vegetables and pan fry.
3. Rinse lentils separately until water runs clear. Drain and add to pan along with finely diced tomatoes and four cups of water.
4. Bring to boil, and then simmer stirring occasionally for 45 minutes to an hour.
5. Add tamarind paste or lemon juice and cook for a further 5 minutes until stew is thick and cooked.

Garnish with coriander leaves and a dollop of fresh yoghurt.

Great served with Turban Chopsticks Royal Festival Briyani and Green Appled Chilli Jam

### **Variations**

For the vegos

- Add 2 cups of mixed veggies (carrot, potato, pumpkin, zucchini and mushroom cut in small to medium sized pieces)

