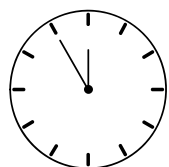


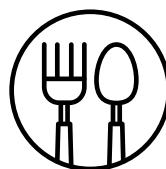


Red Lentils & Brown Rice



Prep: 10 mins

Cook: 40 mins



4



Welcome to The Lily Project:

Enjoy this family favourite



Ingredients :

- 3 tbsp olive oil
- 1 medium onion, finely chopped
- mushrooms finely chopped
- 300 g red lentils (washed)
- 1.2 litres/2 pints vegetable stock in warm water
- 1 tin of tomatoes
- salt to taste
- Brown rice (cook according to instructions)
- half a teaspoon garlic powder
- half a teaspoon ginger powder

Jobs for little hands:

Find a teaspoon

Find 1 medium onion

Wash the lentils

Help tidy up

Directions :

1. Heat the oil in a heavy-bottomed saucepan over a medium heat and add the onions. Fry for 6 minutes until softened and then add the garlic, ginger and mushrooms. Stir well, frying for 1 minute. Stir well and add the lentils and water. Season with salt and bring to the boil. Lower the heat and simmer for 20 minutes with a lid on, stirring halfway through.
2. Stir in the tomatoes and simmer for 5 minutes without the lid. Stir well, making sure it doesn't stick to the bottom of the pan. Mash the lentils lightly with the back of the spoon as it begins to thicken. Add a little water if required.
3. Serve with rice