**Recipe of the Month**

**Please feel free to take a picture of this recipe with your Smart Phone!**

**Vegetable and Red Lentil Dhansk**

½ Onion, diced

½ Red Pepper, diced

½ Green Pepper, diced

2 Carrots, diced

1 Small Potato, diced

½ Small Cauliflower, split into florets

1 tsp Vegetable Oil

2 tsp Curry Powder

½ can of Chopped Tomatoes

50 ml Coconut Milk

150 ml Water

Fresh Coriander

Serves 5

* Chop the onions, peppers, carrots, potatoes and split the cauliflower into florets
* Heat the oil in a pan and add the curry powder cook for 1-2 minutes
* Add all the chopped vegetables, cook for 5 mins to soften
* Add the tomatoes, coconut milk, lentils and water. Cook for 20-30 mins until the vegetables are cooked.
* Chop and stir in the coriander before serving with rice.