

# VEGAN MEALS FOR £1

## Chickpea and Lentil Curry

Serves: 4

Approx. cost per portion: 47p

### Ingredients

- 1 large onion (chopped)
- 2 cloves of garlic (chopped)
- 1 tin of chopped tomatoes
- 1 tin of chickpeas (drained)
- 1 tin of lentils (drained)
- 3 tbsp curry powder
- 1 tsp ginger (fresh or powder)
- 2 tbsp oil
- 200ml water
- 200g frozen mixed vegetables



### Method

- 1) Add the oil to a large pan and put on a medium heat. Add the onion and garlic, and fry for a few minutes to soften.
- 2) Add the curry powder and ginger, and stir in.
- 3) After a few minutes, add the chickpeas, lentils, veggies and chopped tomatoes. Stir in so everything is covered in the curry sauce.
- 4) Pour in the water and simmer for 10 minutes, stirring occasionally. Simmer for a few minutes and it's ready to serve.
- 5) Serve! Add an optional spoonful of plain vegan yogurt on top.



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