

## TASTE WITHOUT WASTE

### Pear and Lentil Curry

Serves 4 – 6.

#### **Ingredients**

1 tbsp sunflower oil  
2 onions, finely chopped  
6 cloves garlic, crushed  
2 pears, peeled, cored and cut into 1cm dice  
2 ½ tbsp. curry powder  
¼ tsp paprika  
80ml tomato puree  
800ml vegetable stock  
200g (2 medium) carrots, cut into batons approx. 4cm by 1cm by 1cm.  
150g parsnip, cut into batons approx. 4cm by 1cm by 1cm  
100g red lentils, rinsed  
150g broccoli, cut into florets  
300g cauliflower, cut into florets  
Sea salt and black pepper  
Handful of fresh coriander leaves

#### **Method**

Heat oil in a large heavy based saucepan. Add the onions and sweat gently for five minutes. Add the garlic and sweat a further 2 minutes. Throw in the pear and cook for about eight minutes, stirring regularly, or until they begin to brown. Add a little water if the mixture becomes too dry.

Stir in the curry powder, paprika and tomato puree and cook for two minutes. Pour in the stock and bring to the boil. Reduce the heat and simmer uncovered for fifteen minutes.

Add the carrots, parsnip and lentils, cover and simmer for five minutes. Toss in the broccoli and cauliflower, cover and simmer for ten minutes. Remove the heat and cook for a few more minutes or until veg are just tender. Season well with salt and pepper.

Serve over rice (I prefer brown) and sprinkle with coriander.

*Source: A Taste Without Waste original.*

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