Ingredients:

1 tablespoon rapeseed oil

1 clove of garlic, crushed

1 small onion, finely chopped

2cm fresh ginger, grated

70g korma paste

1 400g tin chopped tomatoes

1 400ml tin coconut milk

1 400g tin butter beans, drained

1 handful red lentils

1 sweet potato, peeled and chopped in to 1cm chunks

150g baby corns, cut into 0.5cm chunks

100g green beans, cut in half

Method:

1. Put the oil in a large pan with a lid, over a low heat
2. Add the onion and cook for five minutes until soft
3. Add the garlic and ginger and cook for 1 minute
4. Add the korma paste and cook for 2 minutes
5. Add the coped tomatoes and coconut milk
6. Add the red lentils and stir well
7. Add the sweet potato, baby corn and green beans
8. Turn up the heat to bring it to the boil, then turn down the heat and put on the lid
9. Cook for 30 minutes stirring regularly
10. Remove lid and cook for a further 30 minutes until the sauce has thickened and the veg is cooked, keep stirring!
11. serve with rice, naan bread and mango chutney

A plate of food

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