**Mushroom Dhansak (V)**

**Serves 4**

**Per serving: 204kcals plus rice &/or naan**

* red lentils 100g
* onion 1 large, chopped
* chopped tomatoes 400g tin
* ground turmeric 1 tsp
* vegetable oil 1 tbsp
* chestnut mushrooms 500g, halved
* ground cumin 2 tsp
* ground coriander 1 ½ tsp
* cardamom pods 4, squashed
* ginger finely grated to make 1 tbsp
* garlic 4 cloves, crushed
* red chilli 1, sliced
* coriander a small bunch, chopped
* natural yogurt 2 tbsp
* basmati rice and/or naan to serve

1. Put the lentils, onion and tomatoes in a pan with the turmeric and 1 tsp salt. Add water to cover by 2cm, then simmer gently for 20 minutes or until the lentils are tender.
2. Heat the vegetable oil in a separate pan and cook the mushrooms until golden brown all over and they have reabsorbed any liquid in the pan.
3. Add the spices and cook for 2 minutes, then stir in the ginger, garlic and chilli. Cook for a few minutes then tip in the tomato and lentil mix, plus 200ml water.
4. Simmer for 20 minutes, then stir in the coriander and yogurt,
5. serve with rice and/or naan.
6. Cover and keep remaining curry in fridge for up to 3 days,