

RED LENTIL CHILLI WITH RICE

🕒 45 min

🍴 Serves 2

Ingredients

- 2 tbsp oil
- 1 white onion, chopped
- 3 cloves garlic, finely chopped
- 1 tbsp chilli powder
- 2 tbsp paprika
- 1 tbsp cumin
- 1 tbsp tomato puree
- 1 can chopped tomatoes
- 1 can of kidney beans, rinsed & drained
- 2 tsp veggie stock powder
- 1 cup dried red lentils, rinsed
- 1 tbsp soy sauce
- Salt & pepper to taste
- ½ cup of rice
- 1 can sweetcorn, drained
- 1 spring onion

Method

1. Peel & chop the onion and garlic. Drizzle the oil in a large pan on a medium heat, add the onion and garlic and cook them off in the oil until soft, for about 5 minutes.
2. Add the spices (chilli, paprika, cumin). Turn the spices through the onion and garlic and fry them off for 2 minutes.
3. Add tomato puree, and fry off for 2 minutes. Meanwhile, boil 2 cups (500ml) of water and dissolve the veggie stock powder.



4. Pour in the tomatoes, kidney beans, veggie stock, lentils, soy sauce, then season with salt and pepper.
5. Leave on a gentle simmer, covered for 25 minutes, stirring occasionally. Meanwhile, cook the rice according to package instructions. Chop spring onion for garnish.
6. When the chilli has thickened, add in the sweetcorn and stir. Serve with rice.

TIP: Batch cook the chilli, doubling the amount. Then enjoy throughout the week with rice, nachos or as quesadillas.