



# Lentil Bowl

## You need:

- 1 cup rainbow lentils
- 410g tin tomato/onion mix
- 400ml tin coconut cream
- 2 large onions (peeled & chopped)
- 1 tbsp tomato paste
- ½ tsp crushed ginger
- 6 cups fresh water (plus extra to soak lentils)
- 2 tbsp oil
- spices (½ tsp each of crushed ginger, garlic & chilies and other)

## Calories/s

344

## Prep time

5-10 min

## servings (s)

6

## Method:

- Soak the lentils in water for an hour.
- Drain the lentils and discard of the water.
- Cook the onions until soft in a large pot.
- Add the tomato/onion mix.
- Add all the other ingredients.
- Cook for 60 minutes (on medium heat) or until lentils are cooked throughout.

## Nutrition Facts

Serving Size	per meal
Per serve	
<b>Energy</b>	<b>1439 kJ</b> 344 kcal
<b>Protein</b>	<b>11.12g</b>
<b>Carbohydrates</b>	<b>31.98g</b>
Sugar	8.39g
<b>Fat</b>	<b>19.54g</b>
Saturated Fat	14.090g
Trans Fat	0.000g
Polyunsaturated Fat	0.933g
Monounsaturated Fat	4.385g
Cholesterol	0mg
Fiber	11.2g
Sodium	68mg
Potassium	394mg