



Turkish Style lentils

Ingredients:

4 tbs olive oil *
 1 onion cut into slices
 4 garlic cloves, finely chopped or sliced
 1-2 coriander seeds
 ½ teaspoon of chili flakes *
 100 grams, about 4 oz of Puy lentils
 6 large carrots cut into penny like rounds
 2 tbs tomato puree *
 2 tsp sugar
 280 ml / 10 oz of water or stock or water

Finishing ingredients:

2 tbs chopped mint, or parsley, dill or coriander or a mixture
 juice of ½ to 1 lemon
 added olive oil to serve *

* changes can be made here - any oil. my preference is olive oil or coconut oil or hemp oil

* I sometimes use chili oil that I make or chili sauce

* Raw tomatoes or tinned also work (adjust amount of stock if necessary)

So here goes - gently fry onions till golden, add garlic , coriander and chili and stir for a few moments more.

Add the rest of the ingredients except for the finishing ingredients.

Season to taste with additional salt and pepper depending on the kind of stock you are using. Bring to the boil and simmer until the lentils are tender and the liquid reduced - probably about 30 mins or so. Puy lentils keep their shape but will become tender.

Remove from the heat and add the finishing ingredients.

Apart from being quick to prepare, it stores well in the fridge and is versatile in as much as you can eat it hot with something like jacket potato or grains or warm over a big bowl of salad instead of the traditional dressings.