**INGREDIENTS (Serves 4)**

* I tablespoon Olive oil or rapeseed oil
* 1 Clove garlic
* 2cm Ginger, grated
* 1 Red chilli finely chopped (½ tsp dried) optional
* 1 Onion, chopped
* 1 tea spoon each of ground cumin, coriander, turmeric and mixed spice
* 200g Red lentils or yellow split peas, rinsed
* 400ml Tin reduced fat coconut milk
* 400ml Water or vegetable stock
* Small bunch coriander (separate stalks and chop)
* Juice of ½ lemon
* 100g Baby spinach or shredded leaves
* Salt and black pepper to season

**INSTRUCTIONS**

In a saucepan soften the onion, garlic, ginger and chilli in the oil (gently for 10 minutes).

Add the spices and cook for a further 1-2 minutes to release flavour.

Add lentils or split peas, coconut milk and stock to the pan with coriander stalks, bring to the boil then turn the heat down and simmer for 25-30 minutes (40-50 minutes for split peas).

Stir regularly to prevent sticking – adding more fluid if needed.

Just before serving add the lemon juice and spinach, allowing it to wilt, and serve topped with chopped coriander leaves.

**Tip:**

For a heartier meal serve on a bed of brown basmati rice with chutney or tomato salsa.

Add in other vegetables such as red pepper with the onion or frozen peas 5 minutes before adding the spinach.

Leftovers can be used to make a lentil soup.