Lentil and Parsnip Curry

2 portions

Ingredients

> 4 heaped teaspoons lentils
> ½ parsnip
> ¼ teaspoon curry powder
> 1 tsp natural yoghurt

Method

1. To prepare the parsnip – Peel skin and cut parsnip into finger sized pieces, removing the middle core as this can be tough.
2. Place in a colander over boiling water and steam cook for around 10 minutes until soft when squidged between thumb and finger. Reserve some finger pieces to serve as finger food and mash the remaining parsnip.
3. Rinse lentils in cold water to remove any dirt and debris.
4. Place 100ml of water in a pan, add lentils and bring to a boil. Allow to simmer for 20 minutes.
5. Add mashed parsnip and curry powder, mix well and cook for a further 1 – 2 minutes.
6. Add 1 tsp natural yoghurt and mix through.
7. Serve immediately along with some parsnip fingers.