

Kitchen Garden at Collingwood College Term 1, 2018

Name of Recipe: Curried lentils, Carrots & Onions with garden greens

Volunteer Notes; This is a delicious dish that is to be served room temperature. Look for platters that show off the Autumn colours. There will be lentils soaking for you, soak 1 hour for the next class.

This dish is inspired by Mohammed's (3 & 4 R-E) family's recipe. We are using French lentils that will keep their shape.

From the garden: Herbs, Silver-beet, Spinach, Sorrel, Rainbow Chard,

What to collect	What to do
Large thick-based pan French lentils x 2 cups 2 x brown onion, thinly sliced 3 x Garlic cloves- peeled & chopped 1 x 2cm grated turmeric 3 x Bay leaves 2 x cups saved soaking water (you may need more) Salt/ground pepper	<ul style="list-style-type: none">• Strain the soaking lentils, save 2 cups of the water.• Heat 3-4 TBLSP olive oil in the pan and sauté the brown onion until golden, keep stirring. Add the chopped garlic and grated fresh turmeric-stir for 3 minutes.• Add the lentils, salt, bay leaf & water. Cook for around 20 minutes, stirring so the lentils don't stick. Turn off and set aside. They should be soft but not mushy.
2- carrots, peeled & cut into ½ & slice thin crescents XV Olive oil 1 x red onion, peel, cut into ½ Sauté Pan 10 leaves x greens-wash, dry, sli 1 x tsp coriander seeds 1 x tsp cumin seeds Mortar/pestle Salad spinner Parsley Mint Coriander	<ul style="list-style-type: none">• Peel & cut into 3 & then cut carrots using tunnel hold. Place flat side down onto board & slice carrots thinly.• 1 person to slice the red onion thinly. Add 2 Tblsp of olive oil to a clean sauté pan & cook the carrots & onion until soft & slightly brown.• Add prepared greens & wilt for 1 minute. • 1 person to dry toast the spices and then grind.• 1 person to pick each herb separately, wash/dry and slice.
1 x red wine vinegar Salt/ground pepper 3 x bowls 3 x serving spoons	<ul style="list-style-type: none">• Add lentils & vegetables together in a bowl & mix with red wine vinegar, and check the seasoning. Divide into 3 bowls & garnish.

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