



Bachelors Curry

Ingredients:

1 cups **Fieldstone Organics** Green Lentils (cooked till tender and set aside)

1lb cubed chicken

1 medium onion diced

2 garlic cloves minced

1 28oz can diced tomatoes

2 tbsp curry paste

4 medium potatoes (peeled and diced)

2 tbsp mango chutney

1 tsp coriander

1 tbsp olive oil

Procedure:

Gently pan fry the chicken in the oil until golden, add the onions, garlic and sauté. Stir in the tomatoes and curry paste, then add the potatoes. Cover and simmer for 30 minutes, adding a little water if necessary. Add the lentils, chutney and coriander and simmer gently for a further 10 minutes.

Serve on a bed of Fieldstone Organics whole grain Emmer.

