Vegetable Moshori

When I attempted to be a vegetarian (I shamefully only lasted 6 months!) we ordered a take away and I didn't have a clue what to choose from the vegetarian menu so went for a vegetable moshori and it was THE NICEST Indian meal I had ever tasted. I LOVED it. But we rarely get a take away, trying to eat as healthily as we can so I tried to replicate it. I couldn't find a moshori recipe so played around in the kitchen a few times and came up with this. It is pretty close to the one I had and I think this is as close as I'll get without adding ghee and sugar to it. You can use any vegetables you want, don't feel you need to stick to the ones I've used. So here goes, my healthy version of vegetable moshori……

- 1 tbsp. coconut oil
- 1 tbsp madras curry powder
- 1 large onion, chopped,
- 2 cloves garlic, crushed
- 2 inch piece of ginger, grated
- 1 fresh green chilli
- 2 tsp cumin
- 1 tsp ground coriander
- 2 bay leaves
- 1 cup red lentils
- 500ml chicken stock
- 1 tin of coconut milk
- Large handful fresh coriander, chopped
- 2 celery sticks, diced
- 2 carrot, diced
- Handful mange tout

- Handful green beans, chopped in half
- Quinoa for serving

Heat the oil in a large pan and add the carrots, onion, green beans and celery and cook gently until they've softened slightly. Now add the garlic, ginger, chilli and mange tout and stir for another minute. Add the curry powder, cumin, ground coriander, bay leaves, stir again and then add the stock, lentils and coconut milk.

Cover and let this simmer until the lentils are cooked and the sauce has thickened – this should take about 30 mins. Just before serving, stir in the fresh coriander.

Serve with some quinoa or brown rice.