

SLOW COOKER SAMBAR [VEGAN & GLUTEN FREE]

Serves: 6

Prep: ≤35 mins

Cooking Time: 2-3 hours (*on a high S.C setting)

Type: Main meal

Tools: Chopping board, sharp knife, veggie peeler, two pots, measuring jug, food processor, slow cooker

Courtesy of: Eat2health blog



Experience the tastes of South India with this delicious and nutritious lentil and vegetable based curry! It's packed with flavour and easy adapted to meet your personal tastes. If you want to really heat things up- add a few more chillies! With minimal prep and the cooking convenience of a slow cooker, this curry is not only easy, but cooked to perfection and arguably one that must not be missed!

Ingredients

Curry Staples

5g	Garlic Clove (1 fat one!)
200g	Brown Onions
20g	Green Chilli (mild to hot variety recommended)
170g	Dried Green Lentils
450ml	Water
3g	Mild Curry Powder
½ tsp	Salt
250g	Carrot
120g	Red Bell Pepper
500g	Baking Potatoes
420g	Salad Tomatoes
20-25g	Tamarind Paste + 5 tbsp water
160g	Frozen Green Beans, halved and defrosted
60g	Brown Basmati Rice/person (*optional)

Curry Paste

160g	Desiccated Coconut
5g	Brown Mustard Seeds
2g	Coriander seeds
2-3g	Cumin seeds
1-2g	Dried Chilli Flakes
1 tsp	Fenugreek Leaves
250ml	Water
1½ tbsp	Rapeseed oil

Directions

1. Peel and dice the garlic and onion. Wash, remove the stem and dice the chilli. Wash the lentils in a sieve and then remove any seeds or stones.
2. Place a large non-stick pot with 450ml water over a medium heat. Cover with a lid. Bring to the boil. Add the garlic, onion, chilli, lentils, 3g curry powder and ½ tsp salt. Stir together. Cover with the lid. Simmer and cook for 15-20 mins or until the lentils are tender. Remove from the heat.
3. In the meantime, heat a separate non-stick pot or frying pan over a medium heat and get your curry paste spices and desiccated coconut ready. When the pot becomes hot, add the spices and coconut. Dry fry this mixture for about 1-2 mins or until the coconut is lightly toasted.

4. Transfer the mixture into a food processor. Process until the mixture becomes fine and grainy. Whilst the food processor is still running, add 1 tbsp of oil and 1 cup of water. Process until the ingredients are thoroughly combined, forming a paste. Leave for the moment. *Tip: This is your curry paste!*

5. Wash, peel, trim the ends and dice the carrot. Wash, remove the stem and core and then dice the bell pepper. Wash, peel and cube the potato. Wash, remove the stem (if applicable) and then quarter the tomatoes. Place 20-25g tamarind paste into a measuring jug with 5 tbsp of water. Mix to dissolve.

6. Place the carrot, bell pepper and potatoes into a slow cooker. Add the lentil mixture, curry paste and tamarind mixture. Stir and thoroughly combine. Top with the tomatoes. Slightly press and submerge them into the liquid. Cover with a lid. Cook on a high heat setting for 2-3 hours. *NB: Ours took 2.5 hours to cook!*

7. Snap the beans into halves and then defrost them. Add the beans to the slow cooker during the last 30 mins of cooking. Alternatively, steam and stir them through the curry just before serving.

8. Serve with brown basmati rice, wholegrain pitta, flatbread or a dosa. Garnish with a slice of lime, chilli infused oil (chilli flakes steeped in 1-2 tsp of rapeseed oil!) and/or fresh coriander leaves (if preferred!).

Tip: Refrigerate any leftovers in an air-tight and resealable container; reheat and consume within 3 days. Alternatively, store and freeze; defrost, reheat and consume within 2 months.

Enjoy!

Notes:

- We've used a store-bought tamarind paste this time, but check out this previous curry recipe on how to prepare [tamarind pulp](#)!
- This curry feels more like a 'lentil stew' than curry, especially if you do not serve it with rice or some type of bread- although we thoroughly recommend that you do! It's also very versatile, so do not feel that you have to use the same vegetables; baby turnips would make a great, tasty and lower G.I substitute to white potatoes!
- The desiccated coconut adds a fair bit of saturated fat to the dish, so please use less of it if you want to make this meal low in fat; to further this point we would also recommend serving this curry with some plain brown basmati or wholemeal rice instead of heavier/oily breads.
- As we like to control the quantity of spice used in our cooking, we never really add really hot chillies (like a bird's eye!) to our dishes, we would rather drizzle over some infused chilli oil or add some chilli flakes just before serving. However, if you are braver than us, try using a hotter chilli and/or chilli powder or more chilli flakes to the curry before cooking!