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STEP 1. Melt 1 tbsp coconut oil in a large saucepan. Add the onion and a pinch of salt, and cook for 8 mins. Stir in the garlic and ginger and cook for a few mins more. Add the lentils, turmeric and tomatoes, stir to combine, then pour in 1 litre of water.

~~Basic lentils recipe - BBC Good Food~~

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~~40 Lentil recipes | delicious. magazine~~

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~~Lentil recipes - BBC Good Food - 2~~

STEPS: Heat the oil in a pot and fry the onions until golden brown. Add the yellow and red peppers, and the fresh tomatoes, and cook for a further 10 minutes. Add the garlic, all the spices and the tin of chopped tomatoes, then stir in the contents of the KNORR Vegetable Stock Pot. Season to taste with salt and pepper.

~~Easy Chickpea and Lentil Curry | Whats for Dinner | Dinner~~ ...

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