More than 1 hour

Serves 4

Ingredients:

- 2 onions, 1 finely diced and 1 sliced
- 3 Tbsp (45ml) vegetable oil
- 4 cloves garlic, crushed
- Knob ginger, grated (optional)
- 1 Tbsp (15ml) curry powder
- 1 tsp (5ml) turmeric
- 4 cups (1L) chicken stock
- ½ packet (250g) red or yellow lentils
- 2 carrots, peeled and diced
- ¼ cabbage, diced
- 1 can (400g) coconut milk
- Salt and milled pepper
- 1 tsp (5ml) sugar
- 1 tsp (5ml) black mustard seeds
- Fresh coriander and chopped fresh chilli, for serving

Flatbreads:

- 1 cup (250ml) plain double-cream yoghurt
- 1 cup (150g) self-raising flour + extra for dusting
- Salt and milled pepper
- 1 Tbsp (15ml) vegetable oil

Method:

1. Sauté diced onion in 1 Tbsp oil for 8 minutes or until soft and golden.
2. Add garlic, ginger (if using), curry powder and turmeric. Cook for another minute.
3. Add stock, lentils, carrot and the cabbage and simmer for 40-45 minutes or until curry has thickened and lentils are tender.

4. Stir through the coconut milk. Season and add sugar.
5. Fry sliced onion in the remaining oil over a low heat until crispy and golden.
6. Add the black mustard seeds towards the end.
7. For flatbreads, mix ⅘ of the yoghurt with the flour, season and mix to create a dough.
8. Add remaining yoghurt if the dough is too dry.
9. Divide dough into 8 equal pieces.
10. On a lightly floured surface, roll out each dough piece to about 3mm thick.
11. Heat oil over medium heat and cook flatbreads in batches for about 3-4 minutes a side, or until golden brown.
12. Serve curry topped with the crispy onions, fresh coriander, chilli and flatbreads on the side.

Check Out Our **Chicken Curry Recipe**