# Crockpot Curry

## Ingredients for the crockpot:

1.5 cups red lentils

2 cans of tomatoes

1 cup water

2 gluten-free stock cubes

3 heaped tablespoons of your favourite Indian curry paste

1/2 grated cauliflower or 1 500g bag of cauliflower rice

1/2 bag of frozen spinach portions

3 grated courgettes (zucchini)

Any other vegetables you have on hand (kumara, carrot, capsicum, squash, etc.), grated

**For frying:**

1 large onion, diced

1 heaped tablespoon of crushed garlic

2 chicken breasts, diced

2 heaped tablespoons of garam masala

**Instructions:**

1. Add all crockpot ingredients to your slow cooker.

2. In a frying pan, sauté the onion and garlic until softened. Add the diced chicken and cook until browned. Stir in the garam masala and fry for a minute.

3. Transfer the fried mixture to the crockpot.

4. If you prefer a spicier dish, add chili or chili flakes to taste.

5. Cook on high for 8-10 hours, stirring occasionally. If it seems too dry, add a bit of coconut milk.

6. Serve over basmati rice.

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