

Vegetable Curry and Rice (Vegan)

Feeds 4 Cost £1.65



1 x tin Green Lentils 390g
1 x supermarket Mixed Vegetable in Water 300G
1 x jar supermarket Curry Sauce 440g
2 x Boil in the Bag Rice 125g

Cooker Method

1. Boil water in a large pot.
2. Put the 2 unopened bags of rice in the pot.
3. Make sure the rice is covered by the water.
4. OPTIONAL Add a pinch or 2 of salt.
5. Cover the pan and simmer.
6. Meanwhile, drain the green lentils and mixed veg. Rinse the green lentils with cold water.
7. Empty the lentils, mixed veg and curry sauce into a pot, put on a low heat and stir occasionally while your rice is cooking.
8. Cook for recommended time on the jar.
9. Check the rice is tender. Cook for another couple of minutes if it's not soft enough.
10. Lift the bag out using a fork in the loop and drain.
11. Cut open bag and fluff up with a fork.
12. Check veg is warmed through.
13. Plate up and serve!

TOP TIP

Draining the lentils and mixed veg without a sieve is easily done if you leave the lid in place once open – this will save them escaping! Rinse with cold water and repeat.

Microwave Method

1. Boil the kettle for the rice.
2. Put the 2 unopened bags of rice in a microwavable bowl.
3. Make sure the rice is covered by the water.
4. Cover and cook on high 12-15 minutes.
5. OPTIONAL Add a pinch or 2 of salt.
6. Check the rice is tender.
7. Meanwhile, drain the green lentils and mixed veg. Rinse the green lentils with cold water.
8. Empty the lentils, mixed veg and curry sauce into a bowl, following the heating instructions on the jar, put in the microwave and stir occasionally.
9. Lift the bag out using a fork in the loop and drain.
10. Cut open bag and fluff up with a fork.
11. Check veg curry is warmed through.
12. Plate up and serve!

Our meal kits use only non-perishable ingredients to ensure that the food is still in good condition when you cook the meal.

Please take a moment to say what you liked or did not like about this meal kit, using the short survey at <https://forms.gle/qfGQ1pucRVh4WZot8> or write to us at **FACTorbay@gmail.com**.



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