

YELLOW SPLIT PEA CURRY

by Dr Hayley Tait



“The soft textures and delicate flavours are a great introduction to easy plant based cooking and suitable for all ages.

This vibrant curry is both delicious and nutritious.

Ingredients

- 1 cup brown rice
- 1 ½ cups split yellow peas
- 4 cups water (or home-made vegetable stock)
- 2 medium sweet potatoes, grated
- 1 red onion, finely chopped
- 2 tsp cumin
- 1 tsp paprika
- 2 tsp turmeric
- ½ tsp mixed spice
- ½ tsp black pepper
- 3 tbsp nutritional yeast (optional)
- ½ tsp garam masala

PREP TIME: 10 MINS

TOTAL TIME: 40 MINS

SERVES: 4

Directions

1. Rinse brown rice with cold water and place in a saucepan on the stove. Add 2 cups of water and bring to the boil. Reduce heat and simmer covered for 25 minutes. Continue with the remaining steps of the recipe. After 25 minutes, remove the saucepan from heat and stand covered for 5 minutes.
2. Wash the split yellow peas and put them in a large pan with 4 cups of water (or home-made vegetable stock). Bring to a boil, remove any froth that rises, continue to boil for 5 minutes then lower to a simmer.
3. Add the finely chopped onion, grated sweet potato and spices.
4. Simmer for 25-35 minutes until the potato and split peas are soft. Add more water gradually if the mixture starts to dry out.
5. Serve curry with brown rice and optional sides such as wholemeal roti, other vegetable curries, a squeeze of lemon, and fresh coriander.

Notes:

- Use your choice of pre-cooked legumes such as chickpeas, brown lentils or kidney beans in place of the yellow split peas.
- Chop one and grate the other sweet potato for more texture.
- Add a few handfuls of fresh or frozen spinach at the end for extra greens.

Dr Hayley Tait is a GP for the NHS, based in Liverpool, UK. Her dream of writing a cookbook came to fruition when she published *Health on the Hobb*, a book of quick, easy plant-based recipes. Hayley knows that it is important this education is accessible and breaks the boundaries of food injustice and food poverty.

