

Lentil & Chickpea Curry with Brown Rice

Prep Time: 10 minutes | **Cook Time:** 25 minutes | **Servings:** 2

Ingredients:

- ½ cup red lentils
- ½ cup chickpeas (cooked)
- 1 onion (chopped)
- 2 garlic cloves (minced)
- 1 tsp ginger (grated)
- 1 tbsp curry powder
- 1 can diced tomatoes
- 1 cup vegetable broth
- 1 cup cooked brown rice
- 1 tsp olive oil

Steps:

1. Heat oil in a pot, sauté onion, garlic, and ginger.
2. Add curry powder, stir until fragrant.
3. Add lentils, chickpeas, tomatoes, and broth. Simmer 20 minutes.
4. Serve over brown rice.

Nutrition (approx):

- Calories: 420
- Protein: 18g
- Carbs: 65g
- Fat: 8g
- Fiber: 15g

Tips:

- Use coconut milk for a creamier curry.
- Great for meal prep — stays fresh for 3 days in the fridge.