

# Curried Lentil Pâté

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*This flavourful curried lentil vegetarian pâté is perfect for serving with pitta triangles, crackers or melba toast. Serve it with a cool herbed yoghurt dip and a big green salad.*

## Ingredients:

175g red lentils  
600ml chicken stock (or vegetarian stock)  
1 onion  
1 tbsp. curry powder  
1 tsp. each ground cumin and cayenne pepper  
3 garlic cloves, minced  
1 tbsp. oil

## Directions:

1. Dice the onion. Put the lentils, stock and onion in a saucepan. Simmer for 25-35 minutes until soft, then puree in a food processor with the onion.
2. Heat a frying pan over a medium heat. Add the curry powder and ground cumin until fragrant. Add the cayenne, garlic cloves and oil. Stir to combine. Cook for another minute.
3. Pour the spice mixture into the lentils, blend once more and then spoon into a bowl or ramekin to serve.

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