

OYTS Seminar Dinner Cook-along

Lentil, Paneer and Spinach Curry

Inspired by a recipe from Hugh Fearnley-Whittingstall's "Three Good Things on a Plate"

This is a very flexible recipe. You can make it vegan by substituting the paneer for tinned (or cold cooked) potatoes. It doesn't need meat but if you wanted you could replace the paneer with chicken breast.

Getting the quantities exactly right isn't important. For example paneer sometimes comes in 225g packets and sometimes in 250g packets. Either will be fine.

If you're cooking for less than 4, make the curry for 4 people and put the leftovers in the freezer. Scale back the bread and rice to suit however many you are cooking for.

You can use any wheat flour for the chapattis. Wholewheat bread or Atta flour is ideal, but they work fine with whatever you have in the cupboard. If you can't eat gluten, you can a) cook more rice instead or b) buy pre-made gluten-free Indian breads. Recipes for gluten-free chapattis are available but they tend to be a bit complicated.

I use Tikka Masala paste, but if you have another Indian-style spice paste in stock, use that. You can also use curry powder. It needs to be curry paste or curry powder, not a pre-made curry sauce.

Ingredient	For 4	For 6	For 8	For 18	For 2	For 1
Chapattis						
Flour	300 g	450 g	600 g	1 kg	150 g	75 g
Water	150 ml	225 ml	300 ml	500 ml	75 ml	40 ml
Curry						
Red lentils	250 g	375 g	500 g	1 kg	Make as for 4	
Vegetable stock	1 litre	1.5 litres	2 litres	4 litres		
Paneer ⁽¹⁾	250 g	375 g	500 g	1000 g		
Garlic cloves	2 cloves	3 cloves	4 cloves	8 cloves		
Curry paste ⁽²⁾	2 heaped dessert sp	3 heaped dessert sp	4 heaped dessert sp	8 heaped dessert sp		
Frozen spinach ⁽³⁾	5 clumps (150g)	8 clumps (240g)	10 clumps (300g)	20 clumps (600g)		
Lime juice ⁽⁴⁾	2 limes	3 limes	4 limes	8 limes		
Rice						
Basmati rice	200 g	300 g	400 g	1 kg	100 g	50 g
Water	400 ml	600 ml	800 ml	2 litres	200 ml	100 ml
Substitutions						
⁽¹⁾ Tinned potatoes	1 500g tin	1.5 500g tins	2 500g tins	4 500g tins	Make as for 4	
⁽¹⁾ Chicken breasts	2 breasts	3 breasts	4 breasts	8 breasts		
⁽²⁾ Curry powder	1 heaped tbsp	4 heaped tsp	2 heaped tbsp	4 heaped tbsp		
⁽³⁾ Fresh	200 g	300 g	400 g	800 g		

spinach					
⁽⁴⁾ Bottled lemon or lime juice	3 tbsp	4 tbsp	6 tbsp	120 ml	

Other ingredients

Oil (e.g. sunflower)

Salt

Pepper

Equipment

2 saucepans

Deep frying pan/wok or large saucepan

Frying pan

Mixing bowl

Wooden spoon/spatula

Spatula or tongs for turning bread

Sharp knife

Chopping board

Measuring jug

Cling film

Clean tea towel

Scales (optional)

Rolling pin (or wine bottle)

Example costings (sainsburys.co.uk, prices as at 20/12/20)

Item	Smallest reasonable pack size	Cost per pack	Cost for 4 portions
Flour	1.5kg bag	£1.50	£0.30
Red lentils	500g bag	£1.15	£0.55
Vegetable stock	4 stock pots	£1.45	£0.75
Paneer	250g block	£1.60	£1.60
Garlic	1 bulb	£0.25	£0.10
Tikka Masala spice paste	280g jar	£2.30	£0.50
Frozen spinach	1kg bag	£1.50	£0.25
Limes	1 lime	£0.30	£0.60
Basmati Rice	1kg bag	£1.55	£0.35
Total		£11.60	£5.00