

## FOOD & NUTRITION



# VEGETABLE CHILLI



**KEY WORDS** – Sweat, alternative protein, LBV, pulses, complementary protein

**Equipment** – Large saucepan, chopping board, chef's knife, cup measure, measuring spoons

### **Ingredients:**

- 1 small onion (roughly chopped)
- ½ tsp chilli flakes
- 1 tsp garlic paste
- ½ stick celery
- ½ red or yellow pepper (roughly chopped 2cm)
- ½ can tomato
- ¼ cup red lentils
- 1 vegetable stock cube in 100ml water
- 1 tsp smoked paprika
- Salt and pepper

### **Method**

- 1 Prepare all vegetables, accordingly.
- 2 Place a tablespoon of oil into a large saucepan over the vegetables on a low heat until slightly softened but not coloured. Add chopped garlic. Add chopped chilli, stir.
- 3 Add the paprika, then the tomatoes.
- 4 Stir and bring to the boil.
- 5 Drain and rinse the kidney beans, add to the pan.
- 6 Add the lentils, stock cube and water and bring back to the boil.
- 7 Simmer for 15 minutes, or until the lentils are cooked.
- 8 Taste and season with salt and pepper
- 9 Serve with avocado cream and rice.

**Nutrition**  
Peppers high in vitamin C. Lentils contain protein. Stock cube contains salt.

**Ingredients**  
lentils- bulk ingredient. Different peppers- add colour and sweetness

**Modifications for a healthier diet**  
Use no oil when frying vegetables

**Ethical/ Environmental**  
Throw the food waste in the food waste bin. Use organic vegetables.

**What does the term LBV stand for?**

**How does complementation work in this recipe?**