

# Vegetable & egg curry.

Serves: 4

Cooking time: 30-35 minutes

## Ingredients

6 Church & Manor hen eggs  
30ml/2 tbsp vegetable oil  
1 onion, chopped  
450g/1lb sweet potatoes, peeled & cubed  
1 garlic clove, crushed  
2.5cm/1 inch piece root ginger, grated  
225g/8oz green lentils  
60ml/4 tbsp medium curry paste  
1 (400g) can coconut milk  
1 vegetable stock cube  
350g/12oz young spinach leaves, rinsed  
150ml/1/4 pt water

## Method

1. Put the eggs in a medium pan, cover with cold water and bring to the boil. Boil for 7 minutes, then drain, rinse in cold water tapping the shells all over. When cold, peel away the shells and cut into halves and set aside.

2. Heat the oil in a large pan, add the onion and sweet potatoes and sauté for 5 minutes until golden. Add the garlic, ginger, lentils and curry paste and fry for 30 seconds.



3. Add the coconut milk, stock cube and 150ml/ 1/4 pt water. Bring to the boil, cover and simmer for 15-20 minutes or until the lentils and potatoes are tender. Stir in the spinach.

4. When the leaves have wilted, season to taste, then place the halved eggs on top of the curry, cover and cook for 2-3 minutes to heat through the eggs. Serve immediately with rice and naan bread.