

STEELS GATE

Parippu – Vegan (Green Lentil Indian Curry)

Paired with | Steels Gate 2019 Bastardo

INGREDIENTS:

1 cup of 'husked' green lentils

3 cups of water

4 garlic cloves

1/4 tsp each of chilli powder, cumin seeds and
tumeric

1 cup of grated coconut

2 tbsp vegetable oil and 1 tbsp coconut oil

1 tsp mustard seeds

1 tbsp of sliced shallots

A few curry leaves and 2 dry red chillies

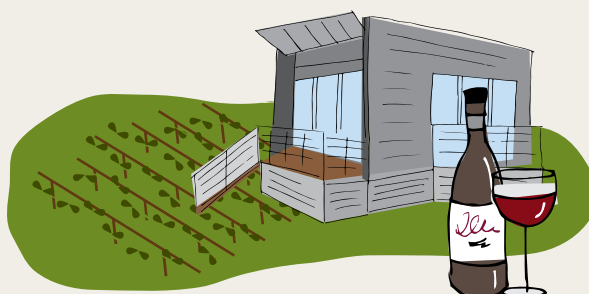
Salt to taste

METHOD:

Lightly roast lentils in a thick bottomed skillet on a slow burner without letting the colour of the lentils change. Then cook the lentils in the three cups of water.

Grind the chilli powder, cumin seeds, turmeric and coconut into a fine paste. Mix the paste in a little water and add to the cooked lentils. Add salt to taste. Bring to the boil and then remove from heat.

In a mixture of vegetables and coconut oil fry the mustard seeds, curry leaves and chillies and add to the top of the curry. Serve hot!



Taste the Road Trip

LET US KNOW HOW YOU GO.

Take a photo, upload to insta, tag @visityarravalley_official and #TasteTheRoadTrip #RoadTripYarraValley so we can all shamelessly applaud a great curry - and because we're bloody good people - lets cheer on the vegans with these brilliant flavours.