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Tin can curry: 5 minute lentil dal

Tinned foods have a best-before date of around three years, but will likely be good to eat decades later! Giving you a back up when all else fails.



As well as helping reduce food waste, tin can food is a good ecological choice compared to other packaged food because they are made from a relatively low-impact material that actually gets recycled, unlike most plastics and tetrapak.

I believe tinned foods should be store-cupboard staples in every home. This dal is as simple as can be and takes just five minutes to prepare from just a few ingredients.



- 1 tbsp oil
- 1 onion, finely chopped
- 2 tbsp garam masala
- 150g frozen or canned spinach
- 1 can green or brown lentils
- 1 can beans, eg. kidney beans, black beans or other
- 1 can chopped tomatoes
- 4 sprigs coriander, leaves picked, stalks finely chopped, optional
- 4 tbsp yoghurt, optional
- Rice, to serve

METHOD (SERVES 4)

Heat the oil in a saucepan, add one finely chopped onion and two tablespoons of garam masala and sauté for two minutes. Next add the fresh or frozen spinach and a tin of chopped tomatoes, lentils and beans including the liquid.



Swill the cans clean with a splash of water and add that too. Bring to the boil, whilst stirring and serve with rice topped with a blob of yoghurt and coriander if you wish.



Not Avocado on Toast: Broad bean guacamole, coriander and chilli

Who needs avocado on toast when you've got broad beans?

When blended, they become creamy, unctuous, and vivid green, just like avocado but with a fraction of the carbon footprint. To improve your footprint, save avocados as a treat and try experimenting with different locally grown alternatives like this Broad Bean Guacamole.

It is made in just the same way as regular guacamole, but with broad beans instead. Blanched first, then blended with lime, coriander and olive oil. Enjoy!



360g fresh or frozen broad beans – shelled weight

Glug of extra virgin olive oil – plus extra to serve

6 fresh coriander sprigs, leaves picked, stalks finely chopped

1 unwaxed lime, zest and juice

To serve:

½ red onion, finely diced

4 slices of toast

Pinch of dried chilli flakes or some sliced fresh chilli

METHOD (SERVES 4)

Blanch the whole broad beans in a large pan of boiling water for 3 minutes, then drain and refresh under cold running water. Transfer the beans to a bowl, add the extra virgin olive oil, coriander stalks, half of the coriander leaves and the lime zest and juice and smash until it's a smooth consistency.



Season to taste with salt.

Spread the guacamole generously onto the toast and dress with the remaining coriander leaves, red onion, some chilli, and a drizzle of olive oil.

