

## Vegetable curry with fresh yoghurt



### Ingredients

- 300 g Pur Natur natural yoghurt
- 300 ml vegetable stock
- 100 g green lentils
- 400 g sweet potato
- 250 g cauli lower
- 200 g carrots
- 2 onions
- 3 cloves of garlic
- 2 tbsp red curry paste
- salt and pepper
- a few tbsp of vegetable oil
- coriander

### Instructions

Blanch the lentils for a few minutes in salted water and drain. Wash the vegetables and chop them into pieces. Cook in some oil, then add in the curry paste. Cook briefly, then add the yoghurt and the stock. Cover and cook until done over low heat. Add the lentils at the end. Check the seasoning when done and serve. Garnish with some yoghurt and coriander if you like.