Roasted Courgette and Lentil Curry

Ingredients

About 1 kg courgettes, cut into large chunks
Salt and oil (for salting and roasting)
1 tin chopped tomatoes
400–500 ml rich homemade vegetable stock
50–60 g red lentils
1 medium onion, finely chopped
1 carrot, finely chopped
Curry powder
Fenugreek seeds
Cumin seeds
Chili flakes

Method

1. Salt and prep the courgettes:
Cut into large chunks, salt generously, and leave for 20 minutes. Blot off the released moisture.

2. Roast the courgettes:
Toss with oil and roast on a tray at 220°C for about 20 minutes, until browning and firm (not soft).

3. Start the curry base:
In a pot, heat oil and toast the fenugreek seeds, cumin seeds, and chili flakes briefly until fragrant.
Add the finely chopped onion and carrot, and cook down until soft and slightly golden.

4. Build the sauce:
Stir in the curry powder, then add the tin of chopped tomatoes, vegetable stock, and red lentils.

5. Simmer:
Cook gently for 15–20 minutes, or until the lentils are soft and the sauce has thickened.

6. Fold in the roasted courgettes:
Gently stir them into the curry at the end, taking care not to break them up. Let them warm through without simmering further.

7. Taste and finish:
Adjust salt, spice, or acidity as needed. Add fresh herbs or lemon juice if desired.

Serve with rice, flatbread, or as a hearty bowl on its own.

Tip:
This dish really shines when made with a deep, umami-rich stock. Brown your vegetables thoroughly before simmering, and consider adding ingredients like Chinese black beans, miso, soy sauce, or even a dash of mushroom powder to enrich the base.