



JERK INFUSED BROWN STEW

SEASONINGS

- 1/2tsp- Garlic granules
- 1tsp- LAiRIE Jerk rub
- 2tsp- LAiRIE Tropical seasoning mix
- 3 springs- Thyme
- 1 splash- Browning
- 1-2tsp- LAiRIE Hot peppa
- Salt to taste

METHOD

1) Prepare lentils and set aside as described. Heat oil in a medium pot, once heated add minced garlic, ginger and onion. sauté until they become aromatic and soft. Add carrots tomato and cook for a further 5 minutes.

2) Stir in garlic granules, tropical seasoning, jerk and allow to vegetables to catch flavour.

3) In the meantime drain the lentils and add them to the pot and stir to combine all the ingredients. Then add 2 1/4 cups of water and add a splash of browning, thyme and 1tsp of Hot peppa. Place the lid on and simmer for 15 minutes.

4) Check the lentils are soft and not grainy in the centre. if not cooked stir, place lid back on and return in until cooked through. Add sugar, Bisto and another teaspoon of Hot pepper if desired. Add salt to taste and cook for another 5 minutes stirring to integrate the thinking component.

serve hot with Rice, potatoes, Cucumber salad or Avocado

INGREDIENTS

- 1 1/4 cup- Lentils, washed and drained 3 times then left soaking until needed
- 3 Cloves- Garlic, minced
- (Equiv amount to garlic)- Ginger, minced
- 1 small- Onion, diced
- 1- Carrot, diced
- 1- Tomato, diced
- 2tsp -Bisto (Gravy thickener)/
- 2tsp -Cornflour(mixed into 20ml cool water)