



Pumpkin lentil curry with lemon yoghurt dip & gluten-free flatbread



Curry 1 cup red lentils 1 onion, cut White wine Soy sauce 1 courgette, diced 1 carrot, diced 6 champignons 1 small pumpkin, diced (butternut/hokkaido) 1 can peeled tomatoes 200g low-fat quark/1 bag coconut milk curry powder, spices	Roast onion and lentils in a pan together with a bit of olive oil. Stir and pay attention, that nothing burns. Deglaze it with white wine, add the soy sauce and some water. Add the pumpkin and let it simmer for about 10 minutes. Add the remaining vegetables as well as the peeled tomatoes and let it simmer again. You might have to add some water. Add the spices. The amount depends on your taste. So: spice the curry a bit, then taste it and the you might have to spice it again. Add the low-fat quark or the coconut milk. Let it simmer for another 10 minutes.
Lemon yoghurt dip 200g semi-fat quark 200g plain yoghurt lime/lemon juice salt	Mix quark and yoghurt. Add lemon juice and salt. Same thing here: spice it a bit, taste it and then maybe spice it again. Put it in the fridge.
Flatbread gluten-free 250g «Zwicky-Helle Mehlmischung» 70ml water 70ml milk 1 TL baking powder salt	Mix flour, baking powder and salt in a bowl. Mix water and milk (you can use plant-based milk as well). Then mix it all together to a smooth dough. Form thin flatbreads out of this dough. Heat up some oil in a pan and bake these in it. Heat up the oven to 60°C and put the finished flatbreads in it to keep them warm.

Hint: You can serve rice to the curry if you would like to. It is delicious as well, when you add diced Tofu in it.