



WELCOME TO EAT WELL SPEND LESS

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[@caudwellchildren](#) and [@feasteduk](#) with the hashtag [#EatWellSpendLess](#)

Lets get started, you just need a few bowls, spoons, a pan or 2, baking tray.

What's in the bag...

It's an incredible carrot and lentil curry, and a spiced apple samosa for pudding.

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Recipe: Carrot Dahl to feed 4 people

Ingredients:

- 4 carrots
- 1 onion
- 1 small bunch coriander
- 300g of red split lentils
- 3tbsl Curry powder
- 4 garlic cloves
- Tomato puree
- 1 veg stock cube
- Spinach
- 800ml of water

Method:

1. Preheat your oven to 200°C. Remove the ends from the carrots (no need to peel!) and halve lengthways and then cut them into quarters. Pop the carrots on a baking tray. Drizzle over a glug of oil and season with a good pinch of salt. Sprinkle 1/3 of the curry powder, mix well, then roast on the top shelf of your oven until soft, Turn halfway to make sure they cook evenly.
2. Meanwhile, halve, peel and thinly slice the onion into half moons. Peel and grate the garlic. Roughly chop the coriander. Heat a large saucepan over medium heat and add a splash of oil. Add the shallot and a pinch of salt. Cook until soft, 3 mins, then add half the garlic and the tomato puree. Cook for 1 minute more, then stir in the remaining curry powder and the red lentils.
3. Add the water, bring to the boil. Add the stock cube and make sure it is dissolved, reduce the heat and simmer gently for around 20 mins. Tip: If the mixture starts to look a little dry, just add a splash more water.
4. When the lentils are cooked, add the baby spinach to the pan and stir it through to wilt it. Check the seasoning and add more salt and pepper if needed. Spoon the dal into bowls and top with the roasted carrots.

Apple and cinnamon filo samosa

Ingredients:

- 50g caster sugar
- 2 apples
- 1 tsp ground mixed spice
- 50g sultanas
- 4 sheets filo pastry
- 25g butter

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Method:

1. Heat oven to 180C, Place the apples, sugar, mixed spice and sultanas in a saucepan with 2 tbsp water and cook, covered, for 6 mins or until the apples are soft, stirring once or twice. Tip into a shallow dish and spread out to cool slightly.
2. Cut the sheets of filo in thirds lengthways, then brush lightly with the melted butter. Place a spoonful of the apple filling at the top of each strip, then fold over and over to form triangular parcels. Place on a baking sheet and bake for 15-20 mins until crisp and golden.

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