Vegetable Stew

Ingredients

1 onion

3 garlic cloves

200g carrots (4)

120g medium celery sticks (2)

1 red pepper

1 yellow pepper

1 teaspoon paprika

½ teaspoon cumin

1 tablespoon mixed herbs

2 x 400g tomatoes

1 vegetable oxo cube with 250ml water

2 courgettes

250g lentils

Splash of cooking oil

Utensils

Knife

Chopping board

Garlic press

Peeler

Scissors

Bowl

Cup

Method

Chop one end off an onion and peel. Cut lengthways in half and then lengthways down the onion towards the cut end leaving about 1cm at the top. Then cut across it so the onion is in small cubes. Place in a bowl.

Chop each end off the garlic and then peel. Using the garlic crusher add to the onion.

Peel the carrots and top and tail them. Slice them lengthways and then into thin pieces. Put into the bowl with the garlic.

Wash the celery sticks and top and tail them. Slice thinly and add to the bowl.

Wash the peppers and slice the top off, making sure to remove all the seeds. Cut into fingers then dice, and then add to the bowl with carrots.

Add the paprika, cumin and herbs to the bowl.

Using scissors cut the tomatoes into small pieces. If using fresh tomatoes, put them into a cup to cut up.

Crumble the oxo cube and add 250ml boiling water. Stir until the oxo cube has dissolved.

Wash the courgettes and top and tail. Cut them in half lengthways then slice.

Heat the oil in the pan. Drop one piece of onion in and wait until it sizzles or dances. Add the rest of the onion and garlic and cook gently until softened.

Add the paprika, cumin, carrots, celery sticks and peppers and cook for 5 minutes, remembering to keep stirring. Add the tomatoes, vegetable stock and courgettes. Cook for about 20 minutes.

Add the lentils. Cook for a further 5 minutes. Serve with either rice or mashed potato.