

1

00:00:14,650 --> 00:00:16,500

Hi, my name's Themis Chryssidis,

2

00:00:16,500 --> 00:00:19,150

I'm an accredited practising dietician and spokesperson

3

00:00:19,150 --> 00:00:21,560

for the Dieticians Association of Australia.

4

00:00:21,560 --> 00:00:23,401

Today I'm going to share with you

5

00:00:23,401 --> 00:00:25,084

some of my top nutrition tips

6

00:00:25,084 --> 00:00:27,780

that you can use from the comfort of your own home.

7

00:00:27,780 --> 00:00:29,340

Today I'm going to show you how to make a dish

8

00:00:29,340 --> 00:00:30,700

called Butter Lentils.

9

00:00:30,700 --> 00:00:34,060

It's super simple, it's going to be loaded with nutrition,

10

00:00:34,060 --> 00:00:35,910

and best of all, it's going to be made

11

00:00:35,910 --> 00:00:38,420

using a heap of ingredients you've probably already got

12

00:00:38,420 --> 00:00:39,880

in your pantry, in your fridge,

13

00:00:39,880 --> 00:00:41,560

or you'll be able to easily find.

14

00:00:41,560 --> 00:00:42,750

The first thing we need to do though,

15

00:00:42,750 --> 00:00:44,073

is give our hands a wash.

16

00:00:44,910 --> 00:00:46,500

Make sure you wash your hands thoroughly

17

00:00:46,500 --> 00:00:48,591

for around about 20 to 30 seconds,

18

00:00:48,591 --> 00:00:50,880

or for the duration of "Happy Birthday".

19

00:00:50,880 --> 00:00:53,890

Thoroughly wash your hands, underneath your nails,

20

00:00:53,890 --> 00:00:55,920

between your fingers, and all the way up

21

00:00:55,920 --> 00:00:57,570

to the tops of your wrists.

22

00:00:57,570 --> 00:01:00,280

Then once you've finished washing, use warm water

23

00:01:00,280 --> 00:01:04,613

to rinse your hands and use paper towel to dry them.

24

00:01:09,470 --> 00:01:12,540

if you want, you could use a tea towel,

25

00:01:12,540 --> 00:01:15,730

but if available, use a bit of disposable paper tower.

26

00:01:15,730 --> 00:01:17,210

If you are going to use a tea towel,

27

00:01:17,210 --> 00:01:19,300

please make sure you wash those pretty regularly.

28

00:01:19,300 --> 00:01:22,030

We've got all our vegetables ready for this dish.

29

00:01:22,030 --> 00:01:23,850

We've given them a quick little rinse

30

00:01:23,850 --> 00:01:27,180

under cold running water, you do not need to use

31

00:01:27,180 --> 00:01:29,610

hot, soapy water, simply give them a rinse

32

00:01:29,610 --> 00:01:32,160

under cold running water, it's completely fine.

33

00:01:32,160 --> 00:01:33,780

The first thing we need to do is make sure

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00:01:33,780 --> 00:01:35,770

we've got everything we need to be able to cook

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00:01:35,770 --> 00:01:36,950

this delicious dish.

36

00:01:36,950 --> 00:01:38,960

So, from a safety perspective,

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00:01:38,960 --> 00:01:40,290

we're going to use a sharp knife.

38

00:01:40,290 --> 00:01:41,700

If we're going to use a sharp knife,

39

00:01:41,700 --> 00:01:44,205

it's important you've got a nice, firm, sturdy

40

00:01:44,205 --> 00:01:45,587

kind of chopping board, okay,

41

00:01:45,587 --> 00:01:46,853

that's not going to go anywhere

42

00:01:46,853 --> 00:01:49,330

and to stop it from going anywhere, we like to use

43

00:01:49,330 --> 00:01:50,750

a non-slip mat.

44

00:01:50,750 --> 00:01:54,730

A non-slip mat, or a wet Chux cloth underneath our board,

45

00:01:54,730 --> 00:01:56,990

stops it from sliding around, and that reduces

46

00:01:56,990 --> 00:01:59,350

the likelihood of you potentially cutting yourself.

47

00:01:59,350 --> 00:02:02,250

Also make sure that you've got a bin bowl.

48

00:02:02,250 --> 00:02:03,850

I've put my paper towel in here.

49

00:02:03,850 --> 00:02:05,610

All the little scraps and bits and pieces

50

00:02:05,610 --> 00:02:07,020

are going to go into our bin bowl,

51

00:02:07,020 --> 00:02:09,790

just to make sure we've got a nice, clean working space.

52

00:02:09,790 --> 00:02:11,850

This is my bowl for my chopped up bits and pieces,

53

00:02:11,850 --> 00:02:14,280

my onion, my carrot, my ginger and so forth.

54

00:02:14,280 --> 00:02:17,060

We've got a large frying pan, and a pot over here

55

00:02:17,060 --> 00:02:18,160

that I fill with some water,

56

00:02:18,160 --> 00:02:19,260

we're going to get that boiling,

57

00:02:19,260 --> 00:02:21,310

and we're going to get our rice cooking straight away.

58

00:02:21,310 --> 00:02:24,120

So we've got our brown rice cooking away there.

59

00:02:24,120 --> 00:02:26,060

Nice, boiling water.

60

00:02:26,060 --> 00:02:27,830

We're going to have it in there for about, kind of 15

61

00:02:27,830 --> 00:02:29,940

to 20 minutes, or until it's tender.

62

00:02:29,940 --> 00:02:31,910

Meanwhile, we're going to get our pan on here.

63

00:02:31,910 --> 00:02:34,790

Nice, high heat for our frying pan.

64

00:02:34,790 --> 00:02:37,440

We're going to get started on chopping up our capsicum,

65

00:02:37,440 --> 00:02:39,022

our carrot and our onion,

66

00:02:39,022 --> 00:02:40,640

are going to get this into the pan.

67

00:02:40,640 --> 00:02:42,890

Firstly with our capsicum.

68

00:02:42,890 --> 00:02:45,490

Just chop the top off there, put that into

69

00:02:45,490 --> 00:02:46,490

our little bin bowl.

70

00:02:46,490 --> 00:02:49,840

And then we're going to remove the cheeks of our capsicum,

71

00:02:49,840 --> 00:02:52,620

okay, that's going to make it nice and easy to slice.

72

00:02:52,620 --> 00:02:55,533

A little tip when slicing capsicum, okay.

73

00:02:56,990 --> 00:02:59,120

What I want you to do, is I don't want you to chop it

74

00:02:59,120 --> 00:03:02,630

on the leathery part here, this kind of more rubbery part,

75

00:03:02,630 --> 00:03:04,070

cut on the inside.

76

00:03:04,070 --> 00:03:06,730

It's much easier to slice.

77

00:03:06,730 --> 00:03:10,080

And look at that, much safer as well.

78

00:03:10,080 --> 00:03:12,780

I'm using a large chefs knife to slice through,

79

00:03:12,780 --> 00:03:14,740

nice and evenly, okay.

80

00:03:14,740 --> 00:03:17,393

Using my finger here to guide my knife.

81

00:03:20,589 --> 00:03:22,550

So our capsicum is all chopped up.

82

00:03:22,550 --> 00:03:24,440

I'm going to put this into our prep bowl,

83

00:03:24,440 --> 00:03:26,963

and then I'm going to get stuck into our carrot next.

84

00:03:28,570 --> 00:03:30,750

Now, when slicing a carrot, there's a couple

85

00:03:30,750 --> 00:03:32,000

of important things to remember.

86

00:03:32,000 --> 00:03:34,580

Obviously, it's a round object.

87

00:03:34,580 --> 00:03:36,800

It doesn't have any firm or straight edges.

88

00:03:36,800 --> 00:03:39,040

I'm just going to chop the top off there,

89

00:03:39,040 --> 00:03:40,320

as well as the bottom.

90

00:03:40,320 --> 00:03:42,120

And then my first thing I'm going to try to do

91

00:03:42,120 --> 00:03:44,280

is create basically a flat surface,

92

00:03:44,280 --> 00:03:46,570

so that it's safer for me to chop.

93

00:03:46,570 --> 00:03:49,070

So what I'm going to do, is I'm just going to chop my carrot

94

00:03:49,070 --> 00:03:52,510

straight down the middle and create two flat surfaces.

95

00:03:52,510 --> 00:03:53,509

Now what we're going to do,

96

00:03:53,509 --> 00:03:56,942

is cut that in half again, safely.

97

00:03:56,942 --> 00:03:58,880

And then the other half again.

98

00:04:00,320 --> 00:04:02,770

We've got quarters now, and now we'll be able to safely

99

00:04:02,770 --> 00:04:05,300

slice our carrot into small pieces that we can throw

100

00:04:05,300 --> 00:04:07,200

into the pan, along with our capsicum.

101

00:04:10,210 --> 00:04:14,350

So, carrots into our bowl with our capsicum.

102

00:04:14,350 --> 00:04:17,230

Lastly, we're just going to dice our onion next,

103

00:04:17,230 --> 00:04:19,560

and then we're going to get these guys into the pan

104

00:04:19,560 --> 00:04:20,700

all at once.

105

00:04:20,700 --> 00:04:23,380

So similar to our carrot, our onion is spherical.

106

00:04:23,380 --> 00:04:26,300

Okay, so what we don't want to do, like what most people do,

107

00:04:26,300 --> 00:04:29,280

is they remove this knobbly little root end of the onion

108

00:04:29,280 --> 00:04:32,950

off here, this little part here holds the onion together.

109

00:04:32,950 --> 00:04:34,550

What I'm going to do is I'm going to remove

110

00:04:34,550 --> 00:04:36,263

the top of our onion instead.

111

00:04:37,230 --> 00:04:38,900

We've now got our onion on the board

112

00:04:38,900 --> 00:04:40,550

using the flat surface.

113

00:04:40,550 --> 00:04:42,973

We're now going to cut

straight through the root.

114

00:04:44,360 --> 00:04:46,310

And then we've got two more flat surfaces

115

00:04:46,310 --> 00:04:49,310

and now, to have a beautiful, consistent dice,

116

00:04:49,310 --> 00:04:52,730

what we're going to do, is we're going to just gently slice

117

00:04:52,730 --> 00:04:56,190

one incision, parallel to the board,

118

00:04:56,190 --> 00:04:59,720

and another incision parallel to the board here too,

119

00:04:59,720 --> 00:05:01,700

but we're not cutting the root end off,

120

00:05:01,700 --> 00:05:04,420

and we've now had two cuts into our half an onion here,

121

00:05:04,420 --> 00:05:06,670

and the root is still holding it together.

122

00:05:06,670 --> 00:05:07,730

And then what we're going to do,

123

00:05:07,730 --> 00:05:09,360

is we're going to slice perpendicular,

124

00:05:09,360 --> 00:05:11,080

or opposite to those cuts.

125

00:05:11,080 --> 00:05:13,230

Again, not all the way to the end.

126

00:05:13,230 --> 00:05:15,040

Maintaining the root.

127

00:05:15,040 --> 00:05:17,850

And all the sudden, now our onion has had about

128

00:05:17,850 --> 00:05:19,500

probably seven or eight slices in it,

129

00:05:19,500 --> 00:05:22,160

and it's still being held together, it's looking beautiful.

130

00:05:22,160 --> 00:05:25,280

Then, to finish, we just slice our onion through,

131

00:05:25,280 --> 00:05:28,197

and we get this lovely little dice.

132

00:05:38,090 --> 00:05:40,780

all right, onion diced, so in our bowl now,

133

00:05:40,780 --> 00:05:43,840

we've got our capsicum, our carrot and our onion,

134

00:05:43,840 --> 00:05:45,203

all ready to go.

135

00:05:46,600 --> 00:05:48,820

Good drizzle of extra virgin olive oil

136

00:05:48,820 --> 00:05:51,640

into our kind of medium heat pan, okay.

137

00:05:51,640 --> 00:05:54,010

We don't want it to be super hot in this instance,

138

00:05:54,010 --> 00:05:57,120

'cause we want these vegetables to sweat down and soften,

139

00:05:57,120 --> 00:05:58,520

and to kind of get to know each other

140

00:05:58,520 --> 00:06:00,200

and absorb each others flavours.

141

00:06:00,200 --> 00:06:03,010

So we're going to get these into a gentle sizzle.

142

00:06:03,010 --> 00:06:06,151

Love that, cook with our ears right now as well.

143

00:06:06,151 --> 00:06:08,740

Cook with our eyes, cook with our ears, cook with our nose,

144

00:06:08,740 --> 00:06:12,120

all of our senses so we can understand what's happening.

145

00:06:12,120 --> 00:06:15,773

Grab a wooden spoon, give it a little gentle stir.

146

00:06:17,740 --> 00:06:20,220

And then we're just going to let that just sit there,

147

00:06:20,220 --> 00:06:23,010

for a kind of, I suppose two or three minutes,

148

00:06:23,010 --> 00:06:24,720

before we actually move it.

149

00:06:24,720 --> 00:06:26,040

And then it's going to let, we're just going to let it

150

00:06:26,040 --> 00:06:28,550

caramelise, and turn a little bit golden brown,

151

00:06:28,550 --> 00:06:29,600

and all delicious.

152

00:06:29,600 --> 00:06:32,230

But straight away, we can see, we've got some onion,

153

00:06:32,230 --> 00:06:33,660

that's going to add a lot of flavour.

154

00:06:33,660 --> 00:06:37,000

We've got some bright veggies, our carrot and our capsicum,

155

00:06:37,000 --> 00:06:39,460

which are going to add some beautiful phytonutrients,

156

00:06:39,460 --> 00:06:41,310

those antioxidants have been really important

157

00:06:41,310 --> 00:06:43,810

for keeping us healthy over the next few months.

158

00:06:43,810 --> 00:06:45,910

It's a great start to a nutritious dinner.

159

00:06:47,340 --> 00:06:49,909

Okay, so this is starting to caramelize

160

00:06:49,909 --> 00:06:51,610

and the onion's starting to turn translucent,

161

00:06:51,610 --> 00:06:54,190

so it's starting to turn a little bit golden,

162

00:06:54,190 --> 00:06:56,410

but also a little bit more clear.

163

00:06:56,410 --> 00:06:58,260

So that's looking delicious.

164

00:06:58,260 --> 00:06:59,800

Now what we're going to

do, is we're going to cut,

165

00:06:59,800 --> 00:07:03,300

while that's cooking away, we're going to cut up our garlic,

166

00:07:03,300 --> 00:07:06,150

our ginger, as well as our coriander stems.

167

00:07:06,150 --> 00:07:07,666

We're not going to let those bad boys go to waste,

168

00:07:07,666 --> 00:07:08,499

all right.

169

00:07:08,499 --> 00:07:11,240

So, for our garlic, I like to crush mine

170

00:07:11,240 --> 00:07:13,510

and then finely slice it.

171

00:07:13,510 --> 00:07:16,220

Okay, so we're going to use four garlic cloves here.

172

00:07:16,220 --> 00:07:17,577

A lot of people at home might think,

173

00:07:17,577 --> 00:07:19,570

"Four garlic cloves, that's quite a bit."

174

00:07:19,570 --> 00:07:21,500

the truth is, there's a lot of flavour

175

00:07:21,500 --> 00:07:23,400

and nutrition in these kinds of foods,

176

00:07:23,400 --> 00:07:26,440

but if you're going to cook a dish quickly,

177

00:07:26,440 --> 00:07:28,070

you do need to use a fair bit of them

178

00:07:28,070 --> 00:07:29,220

because they don't have a lot of time

179

00:07:29,220 --> 00:07:33,203

to kind of marinate or develop the flavour of the dish,

180

00:07:33,203 --> 00:07:35,160

Okay, so, four cloves of garlic.

181

00:07:35,160 --> 00:07:37,553

If you want to use five, or six, be my guest.

182

00:07:43,190 --> 00:07:45,350

With our ginger now, what we're going to do,

183

00:07:45,350 --> 00:07:47,850

we've got this kind of, I suppose slightly dry,

184

00:07:47,850 --> 00:07:50,330

leathery exterior for the most of the ginger

185

00:07:50,330 --> 00:07:52,430

that people will buy from their supermarkets

186

00:07:52,430 --> 00:07:53,820

or green grocers.

187

00:07:53,820 --> 00:07:56,620

So what I want you to do, is I want you to just remove this.

188

00:07:56,620 --> 00:07:59,030

You're going to be a little bit wasteful here,

189

00:07:59,030 --> 00:08:00,980

if you need to, you can throw this into the compost

190

00:08:00,980 --> 00:08:03,570

or you can put this into a cup of tea or something,

191

00:08:03,570 --> 00:08:06,575

or into an Asian soup or something, it's delicious,

192

00:08:06,575 --> 00:08:11,575

but remove the skin, just pretty roughly, okay,

193

00:08:11,575 --> 00:08:13,520

you can peel it if you want to as well.

194

00:08:14,610 --> 00:08:17,140

Into our bin bowl and now we're going to basically,

195

00:08:17,140 --> 00:08:19,350

we've got nice, flat edges here, I'm going to create

196

00:08:19,350 --> 00:08:21,430

another flat edge, straight through the middle,

197

00:08:21,430 --> 00:08:23,880

and now I'm going to slice my ginger and add this

198

00:08:23,880 --> 00:08:25,797

into my garlic as well.

199

00:08:37,000 --> 00:08:38,680

If you didn't want to slice your ginger,

200

00:08:38,680 --> 00:08:41,810

you can absolutely also grate it in, use a microplane

201

00:08:41,810 --> 00:08:45,050

or some kind of grater, and get that into the dish too.

202

00:08:45,050 --> 00:08:47,960

If you don't have any fresh ginger or fresh garlic at home

203

00:08:47,960 --> 00:08:49,820

and you can't get any, no problems,

204

00:08:49,820 --> 00:08:51,720

feel free to use jar ginger or garlic,

205

00:08:51,720 --> 00:08:53,143

they're just as effective.

206

00:09:00,500 --> 00:09:02,530

And now last, but not least, we've got these

207

00:09:02,530 --> 00:09:05,400

beautiful, fresh coriander stems, okay.

208

00:09:05,400 --> 00:09:07,250

The leaves are going to be used as garnish,

209

00:09:07,250 --> 00:09:10,160

but we're going to use the stems as our aromatic ingredient

210

00:09:10,160 --> 00:09:12,170

along with our ginger and our garlic.

211

00:09:12,170 --> 00:09:14,420

Just remove the little roots at the bottom,

212

00:09:14,420 --> 00:09:16,310

again, into our bin bowl.

213

00:09:16,310 --> 00:09:17,710

You'll notice I haven't got many more

214

00:09:17,710 --> 00:09:19,490

than kind of one ingredient on my board

215

00:09:19,490 --> 00:09:20,940

at any one time, okay.

216

00:09:20,940 --> 00:09:23,510

That allows me to cook nice and consistently,

217

00:09:23,510 --> 00:09:26,000

and with a good kind of method, and logic,

218

00:09:26,000 --> 00:09:28,280

and I don't get a little overwhelmed or at all

219

00:09:28,280 --> 00:09:31,120

because I haven't got too many things on my board at once.

220

00:09:31,120 --> 00:09:34,890

Now, I'm going to slice my coriander stems

221

00:09:34,890 --> 00:09:37,670

into little fine bits, add this into my bowl

222

00:09:37,670 --> 00:09:40,003

before adding it to the pan.

223

00:09:49,350 --> 00:09:52,510

So our capsicum and our carrot is starting to soften,

224

00:09:52,510 --> 00:09:55,110

we're going to get all these aromatic ingredients in now,

225

00:09:55,110 --> 00:10:00,100

ginger, the garlic, coriander stems straight into the pan.

226

00:10:00,100 --> 00:10:01,391

I'm going to give it a little drizzle

227

00:10:01,391 --> 00:10:02,741

of extra virgin olive oil

228

00:10:02,741 --> 00:10:04,510

just to get it kicking along again.

229

00:10:04,510 --> 00:10:06,710

Remember, these healthy fats are so important

230

00:10:06,710 --> 00:10:09,030

for keeping our brain healthy and resilient

231

00:10:09,030 --> 00:10:11,333

during these quite testing times as well.

232

00:10:12,270 --> 00:10:14,770

Yum, smells delicious already.

233

00:10:21,390 --> 00:10:23,390

Our carrot, capsicum and onion,

234

00:10:23,390 --> 00:10:26,783

along with our aromatic ingredients, the coriander stems,

235

00:10:26,783 --> 00:10:29,100

garlic and ginger, have been cooking down

236

00:10:29,100 --> 00:10:31,340

for now about kind of five or six minutes.

237

00:10:31,340 --> 00:10:32,750

So they're beautiful and fragrant,

238

00:10:32,750 --> 00:10:34,330

and we're really happy with where they're at.

239

00:10:34,330 --> 00:10:36,380

I've cleared my chopping board and my knives and everything

240

00:10:36,380 --> 00:10:37,950

because I don't need those anymore.

241

00:10:37,950 --> 00:10:40,160

All I'm going to do is now start adding the key ingredients

242

00:10:40,160 --> 00:10:41,210

into the pan.

243

00:10:41,210 --> 00:10:42,809

My rice is now cooked, I'm just

244

00:10:42,809 --> 00:10:44,367

going to strain this quickly.

245

00:10:44,367 --> 00:10:46,325

Next up we're going to add our coriander,

246

00:10:46,325 --> 00:10:48,160

cumin and tomatoes.

247

00:10:48,160 --> 00:10:51,110

So, ground coriander here, and ground cumin.

248

00:10:51,110 --> 00:10:53,540

If you don't have these guys at home, doesn't matter,

249

00:10:53,540 --> 00:10:55,440

if you can't get them at the shops, if they've run out,

250

00:10:55,440 --> 00:10:57,280

it's up to you really what spices you use,

251

00:10:57,280 --> 00:10:59,050

you might have a favourite spice.

252

00:10:59,050 --> 00:11:01,670

But cumin and coriander work nicely here.

253

00:11:01,670 --> 00:11:04,700

Maybe a little bit of smoked paprika and garam masala,

254

00:11:04,700 --> 00:11:06,860

up to you really.

255

00:11:06,860 --> 00:11:09,560

Now I'm going to add my tinned tomatoes as well.

256

00:11:09,560 --> 00:11:11,340

Want to make sure now I'm bringing my pan

257

00:11:11,340 --> 00:11:13,083

up to a nice, high heat too.

258

00:11:14,890 --> 00:11:17,760

And then, this will basically simmer down

259

00:11:17,760 --> 00:11:19,880

and we're going to take these tinned tomatoes,

260

00:11:19,880 --> 00:11:22,043

which are slightly kind of acidic when they come

261

00:11:22,043 --> 00:11:23,685

straight out of the can, and they're

262

00:11:23,685 --> 00:11:24,709

going to become beautiful

263

00:11:24,709 --> 00:11:27,520

and rich and sweet, along with our spices

264

00:11:27,520 --> 00:11:29,784

and our ginger and our garlic and our onion,

265

00:11:29,784 --> 00:11:31,400

it's going to be absolutely delicious.

266

00:11:31,400 --> 00:11:32,680

And this is a great opportunity

267

00:11:32,680 --> 00:11:34,790

to use some of those tinned products as well.

268

00:11:34,790 --> 00:11:37,550

Tinned products like tomatoes are absolutely

269

00:11:37,550 --> 00:11:39,210

just as nutritious as a lot of those

270

00:11:39,210 --> 00:11:40,660

other fresh products as well.

271

00:11:41,960 --> 00:11:44,250

So our spices and our tomatoes have been cooking down

272

00:11:44,250 --> 00:11:46,470

with our vegetables for a couple of minutes now,

273

00:11:46,470 --> 00:11:48,480

it's looking beautiful and rich and thick,

274

00:11:48,480 --> 00:11:50,880

and it smells amazing, so now we're going to add

275

00:11:50,880 --> 00:11:52,420

our last couple of ingredients.

276

00:11:52,420 --> 00:11:54,870

I've cleared my space again, so I'm nice and clean

277

00:11:54,870 --> 00:11:56,760

and organised while that's been cooking away.

278

00:11:56,760 --> 00:11:58,580

I've got my rice strained as well,

279

00:11:58,580 --> 00:12:01,110

and over here I've got a little plate, ready to plate up on.

280

00:12:01,110 --> 00:12:04,520

So I'm going to add now about half my yoghurt, okay.,

281

00:12:04,520 --> 00:12:06,370

'cause we're going to use some of that yoghurt there

282

00:12:06,370 --> 00:12:08,140

as a bit of garnish as well.

283

00:12:08,140 --> 00:12:11,200

Stir that in, again, on about a medium heat.

284

00:12:11,200 --> 00:12:14,020

Obviously the yoghurt is cold compared to the rest of the pan

285

00:12:14,020 --> 00:12:16,270

at least, and that's going to cool the dish down

286

00:12:16,270 --> 00:12:17,270

when we add it in there,

287

00:12:17,270 --> 00:12:19,790

so don't start from a cold pan, okay,

288

00:12:19,790 --> 00:12:21,040

bring the heat up a little bit

289

00:12:21,040 --> 00:12:23,280

before you add something cold.

290

00:12:23,280 --> 00:12:26,290

Let that simmer away for about another kind of,

291

00:12:26,290 --> 00:12:31,130

I say 15, 20 seconds, then we're going to add our peas.

292

00:12:31,130 --> 00:12:33,120

Okay, these are frozen peas.

293

00:12:33,120 --> 00:12:36,040

Perfectly fine to use, throw them in.

294

00:12:36,040 --> 00:12:37,890

Absolutely, we should all be using

295

00:12:37,890 --> 00:12:39,370

these kinds of foods right now,

296

00:12:39,370 --> 00:12:42,010

as well as some tinned lentils, okay.

297

00:12:42,010 --> 00:12:43,740

These have just been rinsed quickly,

298

00:12:43,740 --> 00:12:44,720

and now we're going to throw them

299

00:12:44,720 --> 00:12:47,830

into our butter lentils as well.

300

00:12:47,830 --> 00:12:49,370

Lentils, if you don't have lentils,

301

00:12:49,370 --> 00:12:52,460

you could use chickpeas, you could use cannellini beans,

302

00:12:52,460 --> 00:12:55,640

whatever kind of legume you like, go for it.

303

00:12:55,640 --> 00:12:57,920

A great source of protein, a really important

304

00:12:57,920 --> 00:13:00,890

source of fibre, and again, it'll keep our gut healthy,

305

00:13:00,890 --> 00:13:03,070

and we know that relationship between our gut and our brain,

306

00:13:03,070 --> 00:13:06,180

healthy gut, healthy brain, healthy body, winning.

307

00:13:06,180 --> 00:13:09,100

Our butter lentils are looking delicious,

308

00:13:09,100 --> 00:13:11,010

so that's pretty much done now.

309

00:13:11,010 --> 00:13:14,330

So what I'm going to do, take a little bit of rice, okay.

310

00:13:14,330 --> 00:13:16,130

Get this onto the bottom of my bowl.

311

00:13:16,130 --> 00:13:18,480

We used brown rice here, I love brown rice,

312

00:13:18,480 --> 00:13:20,890

it's got that lovely earthy texture,

313

00:13:20,890 --> 00:13:23,230

it's got a lot more fibre than white rice,

314

00:13:23,230 --> 00:13:25,430

and it stays a little bit more kind of separated

315

00:13:25,430 --> 00:13:28,890

and granular compared to white rice as well, okay.

316

00:13:28,890 --> 00:13:30,220

So we've got that there.

317

00:13:30,220 --> 00:13:32,190

Now we're going to take some of our curry,

318

00:13:32,190 --> 00:13:35,463

our lentil, butter lentils, put this on top.

319

00:13:36,550 --> 00:13:37,763

Smells amazing.

320

00:13:39,380 --> 00:13:41,700

Okay, be generous with all these vegetables.

321

00:13:41,700 --> 00:13:45,260

This is a vegetarian dish, and it has so much flavour,

322

00:13:45,260 --> 00:13:48,400

you are not going to miss the meat at all, I promise you.

323

00:13:48,400 --> 00:13:49,420

We're going to get in there now

324

00:13:49,420 --> 00:13:53,810

with a nice dollop of yoghurt on top as well,

325

00:13:53,810 --> 00:13:55,400

be generous here too.

326

00:13:55,400 --> 00:13:58,590

The spices with that yoghurt just works beautifully.

327

00:13:58,590 --> 00:14:00,560

And then we're going to also come in now

328

00:14:00,560 --> 00:14:04,380

with some of this beautiful, fresh coriander over the top,

329

00:14:04,380 --> 00:14:07,910

and again, be generous with these beautiful, fresh herbs.

330

00:14:07,910 --> 00:14:10,373

They add so much flavour, and they just mix up that dish,

331

00:14:10,373 --> 00:14:13,680

they just bring it to life at the very last minute.

332

00:14:13,680 --> 00:14:16,300

So there it is, there's our butter lentils,

333

00:14:16,300 --> 00:14:19,070

using only ingredients that you'll be able to easily find

334

00:14:19,070 --> 00:14:21,740

in your pantry, at your local grocer, give it a shot,

335

00:14:21,740 --> 00:14:25,310

it's nutritious, it's vegetarian and it's super delicious.

336

00:14:25,310 --> 00:14:28,110

So as you can see, it is possible to eat a nutritious diet

337

00:14:28,110 --> 00:14:30,030

and stay healthy all at the same time,

338

00:14:30,030 --> 00:14:31,870

whilst in the comfort of your own home.

339

00:14:31,870 --> 00:14:32,990

So let's jump into the kitchen

340

00:14:32,990 --> 00:14:34,773

and put some of this into practise.