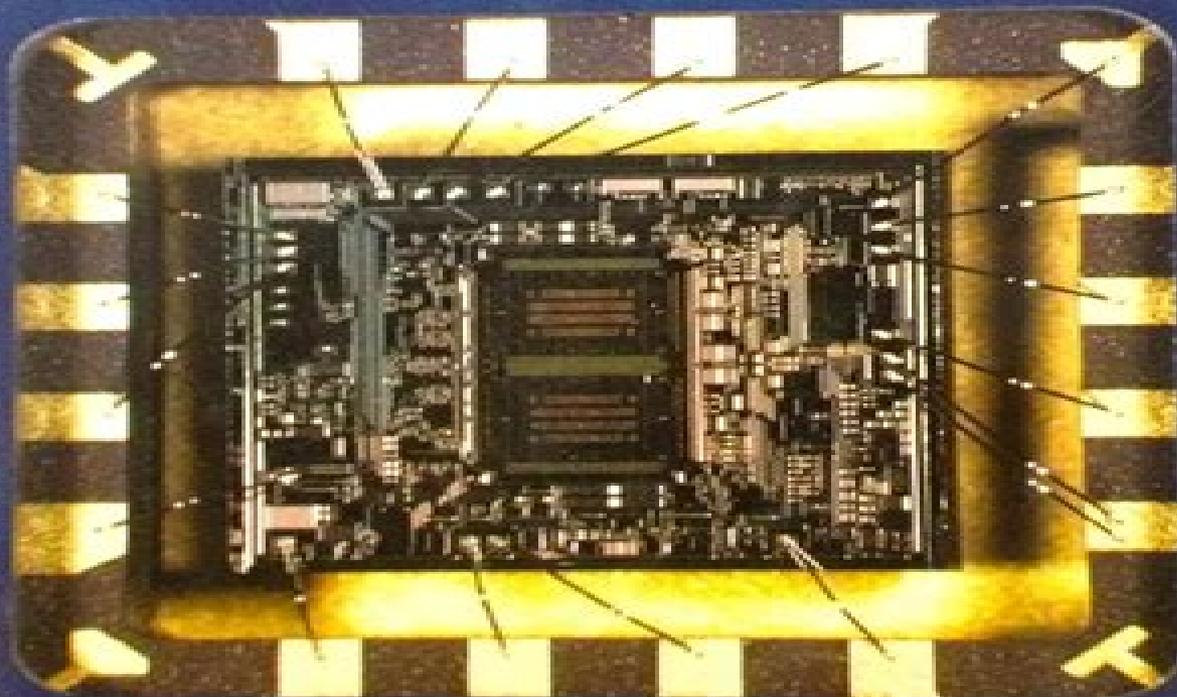


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web 3 hours ago mushrooms red peppers tomatoes lentils and spinach contain key nutrients and combine brilliantly in a curry credit istock in a large saucepan or wok sauté 1