

Coconut Lentil Curry



Protein packed, creamy, aromatic, deliciousness.

Ingredients

2 cups dried red split lentils

1/2 tsp mustard seeds

8 curry leaves

1 onion, grated

1 tsp ginger, grated

1 tsp garlic, crushed

1 tsp turmeric

1 tsp cumin

1 long red chilli, chopped

4 cups water/stock

3 tomatoes, chopped

1/4 cup light coconut milk

1 lime, cut into wedges

2 tbsp coriander, chopped

extra virgin olive oil, for cooking

Method:

1. Rinse lentils until water runs clear.
2. Heat a drizzle of olive oil in a pot over medium heat, fry curry leaves and mustard seeds for 2-3 minutes or until seeds are popping. Add the onion, garlic, ginger, chilli, cumin and turmeric until fragrant. Then add the tomatoes, lentils, 3½ cups of water/stock and let it simmer for 10-15 minutes or until the lentils are cooked through. Add coconut milk, the other half cup of water/stock, stir to combine and let it simmer for another 5-10 minutes. Season to taste.
3. When ready to serve, garnish with chopped coriander and lime wedges.