

Curried Red Lentils

Only 25 Minutes & Delicious



COURSE

Main Course

CUISINE

Indian



SERVINGS

4

INGREDIENTS

- 1 1/2 Cups Red Lentils - Rinsed
- 3 Cups Water

Curry Sauce

- 1 Tbsp Coconut Oil
- 1/4 Sweet Onion - Diced
- 1 1/2 Tbsp Curry Powder
- 1 Tsp Turmericgar
- 3 Cloves Garlic - Minced
- 2 Tbsp Fresh Ginger - Minced
- 1 Tsp Sea Salt
- 1 Can Coconut Milk - Full Fat
- 1 Tbsp Maple Syrup
- Juice of 1 Lime

INSTRUCTIONS

1. Bring water to a boil. Add lentils and bring back to a boil. Once boiling, reduce heat to a simmer lentils uncovered for 4-5 minutes or until just tender. Drain and set aside.

In medium saucepan. Add coconut oil. Once heated add onion, garlic, and ginger and cook for 2-3 minutes on medium heat. Add curry and turmeric and cook for one minute.

Lower heat to low and add coconut milk and maple syrup. Stir well. Let cook for 2 minutes then fold in lentils.

Let simmer for 2-3 minutes before turning off heat.

Add lime juice and serve with organic basmati rice.

Optional Toppings:

Cilantro, Avocado



KEYWORD

coconut, curry