JERNEJ KITCHEN

RED LENTIL CURRY

Red Lentil Curry is a delicious vegan meal that keeps you full for hours. This one-hour recipe is simple, affordable, and great for any season.

SERVES	4	PEOPLE
PREPARATION:	5	MINUTES
COOK:	55	MINUTES
TOTAL TIME:	60	MINUTES

RED LENTIL CURRY

1 tbsp coconut oil

1 onion

1 carrot

1 tbsp fresh ginger, diced

3 cloves of garlic

1/2 chili

1 tsp garam masala

1/2 tsp turmeric

1 tsp ground coriander

14oz (400g) canned natural tomato sauce

9 oz (250g) dried red lentils

3 1/4 cup (800ml) water

1/2 cup (100g) coconut milk

PREPARE THE LENTILS
Rinse the lentils under running water, and place them in a bowl. Cover with water and set aside.

PAN-FRY THE VEGETABLE AND SPICES
Add coconut oil into a skillet and place over low heat. Add the diced onion and diced garlic. Cook for 5 minutes, then add the diced ginger, diced garlic, diced chili, and pan-fry for a minute. Season with garam masala, turmeric, and coriander. Continue to cook for a minute to cook the spices.

COOK THE CURRY
Add the tomato sauce and drained red lentils to a skillet. Add water, then simmer for 45 minutes or until the lentils are soft and the curry is creamy.

FINISH AND SERVE
Pour the coconut milk into the skillet, stir and season with salt and pepper. Remove from the heat, divide between four plates and serve with chopped coriander or parsley and basmati rice.

TOOLS AND EQUIPEMENT   Sponsored

skillet
cutting board
kitchen knife