



CREAMY COCONUT LENTIL CURRY

This hearty, fragrant and healthy lentil curry in a creamy coconut milk sauce is naturally vegan and gluten free. Serve with a side of white rice spiced with cardamom.

🕒 30 minutes

🕒 1 hour and 45 minutes

🍽️ 6 portions

INGREDIENTS

- 2 tablespoons of oil, olive, (27 g)
- 1 large onions, chopped (150 g)
- 3 large carrots, sliced (216 g)
- 1 whole tsp of , cumin seed (2 g)
- 1 tsp of , coriander seed (2 g)
- 1 clove of garlic, raw (3 g)
- 800 grams (2 tins) of tomatoes, crushed,
- 2 tbsps of , ginger, ground (10 g)
- 1 tsp of , turmeric, ground (3 g)
- 1 tsp of , curry powder (2 g)
- 200 grams of lentils, canned, drained, washed
- 425 grams (1 tin) , coconut milk,
- 3 Cups of water

COOKING METHOD

- 1° Heat olive oil in a large pot over medium-high heat. Add the onion, carrots, and cook until slightly golden. Add the cumin and coriander seeds and cook for 1 more minute, stirring often. Add the garlic and cook for 1 last minute.
- 2° Pour the can of crushed tomatoes and add the ginger, turmeric, salt. Stir well and cook for a few minutes.
- 3° Add the lentils, 3 cups of water, and bring to boil. Reduce the heat to low, cover the pot and let simmer for about 40-45 minutes stirring occasionally, until lentils are soft and carrots cooked through. Add a little bit of water if the preparation becomes too dry.
- 4° Once cooked through, add the coconut milk and bring the pot back to a simmer for a few minutes. Serve immediately, with white rice and fresh coriander.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (323 g)	% DRI
ENERGY	116 kcal	375 kcal	19 %
FAT	6 g	21 g	32 %
FATTY ACIDS, TOTAL SATURATED	4 g	14 g	71 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	89 mg	288 mg	12 %
CARBOHYDRATE	13 g	41 g	14 %
SUGARS	3 g	9 g	—
FIBER	3 g	8 g	33 %
PROTEIN	4 g	13 g	—