



## Warming Lentil Curry

SERVINGS: 4

PREPPING TIME: 5 MINS

COOKING TIME: 20 MINS

### INGREDIENTS

- 1 tbsp. olive oil
- 2 red onions finely chopped
- 1 green chilli
- 1 tbsp. Turmeric
- 1 tbsp. Cumin
- 1 tbsp. ground coriander
- 2 tsp. ground ginger
- 2 tbsp. tomato puree
- 3 cups cooked brown lentils (1.5 cups dry)
- 1 cup coconut milk reduced fat
- 1 cup water
- 1 handful or 25 g Fresh coriander leaves
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1 lemon juiced
- 4 cups baby spinach

### DIRECTIONS

1. Warm the olive oil in a pot or saucepan over medium heat. Set aside about a third of each of the chopped onion, ginger, and chili, then add the remainder to the pan. Cook for 5–10 minutes, until soft and fragrant.
2. Add the turmeric, coriander, ginger, cumin, tomato puree, coconut milk, brown lentils, and water. Mix well and bring to a simmer for 10 minutes.
3. Turn off the heat and then add the spinach and lemon juice, stirring until the spinach has wilted. Add the salt and pepper. Taste to check the seasoning and adjust as needed.
4. Divide the curry between serving bowls and scatter over the reserved onion, ginger, and chili, followed by the coriander, a pinch of salt, and an extra spoonful of coconut cream.
5. Pair this curry with hot brown rice or quinoa.

### NUTRITION

Serving size: 1.5 cups  
 (per serving) 262.7 calories, 5.1g fat, 3.6g saturated fat, 0mg cholesterol,  
 352.1mg sodium, 41.1g carbohydrate, 11.4g fiber, 4.3g sugar, 16.2g protein