Red Lentil Curry

Prep time: 15 mins

Cook time: 30 mins

This is a very healthy way to make a spicy thai red lentil curry

Ingredients

- 2 tsps of olive oil or coconut oil
- 3 cloves of garlic
- 1 tsp ginger
- ½ cup diced carrots
- 3 tbsp thai red curry paste
- 2 tbs tomato puree
- 750ml low sodium vegetable stock
- 2/3 cup dry red lentils, thoroughly rinsed in cold water
- ½ tsp ground turmeric
- 1/2 cup coconut milk
For serving: cooked brown basmati rice or a grated cauliflower

Instructions

Put brown basmati rice on to boil on a medium heat.

Heat a large rimmed pan over a medium heat. Once hot add the oil, garlic and ginger and carrots, cook for 2-3 minutes stirring frequently.

Add thai curry paste and cook for a further 2-3 minutes, stirring frequently.

Add the vegetable stock, tomato puree and water, stir to combine. Then add the lentils and turmeric and stir.

Bring to a simmer over a medium heat, then reduce a low simmer for 20 minutes or until lentils are soft and tender, stirring frequently to combine all the flavours, add more vegetable stock if required.

An optional but recommended step is to stir in some coconut milk to balance the heat of the thai curry paste.

Taste and season to taste adding more turmeric for depth of flavour or salt.

To serve, divide the rice/cauliflower and curry between 2-3 serving bowls.