COCONUT AND LENTIL CURRY

INGREDIENTS

- 2 tablespoons coconut oil
- 1 tablespoon each cumin seeds and coriander seeds
- 6 crushed garlic cloves
- 2 tablespoons ginger, chopped
- 1 tablespoon turmeric
- 2 tablespoons sea salt
- 200 g dried brown lentils
- 1 can of coconut milk
- 75 g chopped onion
- 200 g fresh chopped and seeded tomatoes
- 50 g chopped coriander
- 2 tablespoons roasted cashew nuts
- 2 bird's eye green chillis

METHOD

1. Place the cashews in a bowl of hot water and soak for 1 hour then drain. In a blender, puree the cashews, tomato, coconut milk, salt and chillies until smooth. Heat the coconut oil in a large pot or skillet over medium-high heat. Add the cumin and coriander seeds and toast until they start to brown, about 45 seconds. Add the garlic to the pot and let it brown, about 2 minutes.
2. Add the ginger and turmeric to the pot and cook, stirring the pot a few times, for 5 minutes. Add the lentils and 3 cups of water to the pot and bring it to a boil. Reduce the heat to low, cover the pot, and let it simmer for 35 to 40 minutes, or until the lentils are soft. Stir the pot a few times to prevent the lentils from sticking to the bottom. If the curry starts to look dry, add an extra ½ – 1 cup of water.
3. Once the lentils are soft, add the puree and bring the pot back to a simmer for another 5 minutes.
4. Remove the pot from the heat and stir in the coriander. Season with salt to taste.

Lentils are a source of protein and fibre for vegetarians

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PREP TIME	32min
COOK TIME	1hr
TOTAL	1hr 32min excl. soaking
SERVES	6