

Coconut Lentil Curry

55 minutes

Based on recipe by Olena Osipov

Ingredients (serves four)

1 cup basmati rice
1 large onion finely chopped
6 cloves garlic
Spices (1 tsp ground coriander, 1 tsp curry powder, 1 tsp ground cumin)
1 (14 ounce) can coconut milk
1 (6 ounce) tomato paste
2 cups green lentils
Coconut or other cooking oil
1 1/4 tsp salt plus 1/2 tsp salt
Cilantro
Green onion



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Instructions

1. Finely chop onion. Grate cloves of garlic.
2. Preheat a medium, heavy-bottomed pot over medium-low heat and add a glug of coconut oil (or any cooking oil). Once hot, add the onion and garlic and cook for five minutes, stirring occasionally. Add spices and 1 1/4 tsp of salt and cook for another 30 seconds, stirring frequently.
3. Add coconut milk, tomato paste, 3 cups of water, and lentils. Bring to a boil, then reduce to simmer for 45 minutes.
4. Rinse rice in cold water, drain and then add 1 1/2 cups of water, a glug of oil and 1/2 tsp salt. Bring to a boil then stir, cover and reduce heat to low. Cook for 15 minutes, then remove from heat. Allow to sit for 5 minutes before removing lid and fluffing with a fork. Set aside.
5. After 45 minutes of simmering, cover curry, remove from heat, and allow to sit for 5 minutes before serving.
6. Plate rice and coconut lentil curry side by side and top with finely sliced green onions and cilantro.
7. Enjoy!!