













Coconut Lentil Curry

Ingredients

-  1 drizzle of oil
-  1 onion, chopped
-  3 cloves of garlic, chopped
-  1 tbsp minced fresh ginger
-  1 carrot, diced
-  Salt and pepper, to taste
-  2 $\frac{3}{4}$ cups (750 ml) of water
-  $\frac{3}{4}$ cup (180 ml) coconut milk
-  2 tbsp (30 ml) curry powder
-  1 $\frac{1}{2}$ cup (375 ml) dry red lentils (coral)

YOU WILL NEED

- ★ cutting board
- ★ knives
- ★ peeler
- ★ saucepan (medium)
- ★ set of measuring cups
- ★ set of measuring spoons
- ★ spoon
- ★ wooden spoon

Preparation

- 1** Heat oil over medium heat in a large saucepan.
- 2** Cook the onion for a few minutes.
- 3** Add the garlic, ginger and carrots. Season with salt and pepper and cook for about 5
- 4** minutes.
Add water, coconut milk, curry and lentils
- 5** and bring to a boil.
Reduce heat and simmer over medium-low heat for 20-25 minutes or until lentils are soft. Stir regularly to prevent the lentils from sticking to the bottom. Add a little water if needed.
- 6** Serve as is or with serving suggestions of your choice.

SERVING SUGGESTIONS

- ➔ fresh herbs (cilantro, basil, mint)
- ➔ lime wedges
- ➔ sour cream or yogurt
- ➔ rice, quinoa or naan bread