

Red Lentil Curry

Prep base (combine)

- 4 teaspoonfuls garlic paste
- 6 teaspoonfuls ginger paste
- 1 teaspoonful ground turmeric

Prep spices (combine)

- 1 teaspoonful ground cumin
- 0.5 teaspoonful ground coriander
- 1 teaspoonful chili powder
- 2 teaspoonfuls curry powder
- 1 teaspoonful garam masala
- Salt and pepper

Prep rest (separate)

- Coconut oil
- 500ml vegetable stock
- 200g red lentils
- 400g can tomatoes
- 400ml can coconut milk
- 6 teaspoonfuls unsweetened creamy almond butter
- 4 teaspoonfuls lemon juice
- Coriander leaves

Instructions

1. Heat a small amount of **coconut oil** in a large saucepan over medium-high heat.

2. Add **base** (left) and **cook for 1–2 minutes**, stirring frequently.

3. Add the **spices** (left) and **cook for 30–60 seconds**, tossing frequently to prevent burning.

4. Pour in the **vegetable stock**. Use a wooden spoon to scrape up any bits on the bottom of the pot.

5. Add in the **lentils** and can of **tomatoes** and mix well. Reduce the heat to low and cover the pan with a lid.

6. **Simmer for 20 to 25 minutes**, or until the lentils are cooked through and have mostly softened. If the lentils are not quite soft at the end, add a little water and cook for another 5 minutes.

7. Remove the lid and stir in the can of **coconut milk**, the **almond butter**, along with more salt and pepper.

8. **Continue cooking on low heat, uncovered for 5 to 8 minutes**, until the curry has thickened and is creamy.

9. Finally, stir in the **lemon juice** and **coriander leaves**, and serve.
