

Dinner

Thai Red Lentil Coconut Curry

5 Mins
Prep Time

25-30 Mins
Cook Time

4
Servings

430 Calories 10g Fat 70.5g Carbs 17g Protein



Ingredients

4 Servings • $\frac{3}{4}$ Cup + $\frac{1}{2}$ Cup Cooked Rice Serving Size

30-35 Mins Total Time

Allergens: N/A

1 Tbsp Extra Virgin Olive Oil

1 Medium Onion, diced

1 Cup Red Lentils, rinsed

Seasoning

3 Garlic Cloves, minced

1 Tsp Coriander

1 Tsp Salt

1 Tsp Ground Ginger

1 Tsp Black Pepper

$\frac{1}{4}$ Tsp Ground Turmeric

1 Tsp Cumin

$\frac{1}{8}$ Tsp Cayenne Pepper (optional)

1 Tbsp Brown Sugar (optional)

Liquids

1 Can (14 Oz.) Lite Coconut Milk

1 Cup Water

Garnish

1 Bunch Fresh Cilantro, chopped

Lime Wedges

Nourishment Note!



Red Lentils

Lentils are a nutritional powerhouse! They are full of protein and fiber, as well as vitamins and minerals, like potassium, folate, and iron. A half cup of cooked red lentils has 4 grams of fiber, about 14% of your daily fiber needs! Fiber is very helpful for improving gut health.



Turmeric

Turmeric contains high amounts of antioxidants and has been known to fight inflammation. It may also help contribute to a healthy cardiovascular system.

Instructions

- 1 Heat Pan**
Heat sauce pan on medium heat. Add 1 Tbsp extra virgin olive oil to lightly cover bottom and sides of saucepan.
- 2 Add Onion**
Add onion and sauté on medium-low heat for 5-10 minutes, stirring occasionally.
- 3 Add Lentils**
Add rinsed lentils and seasoning to sauted onions and stir.
- 4 Add Liquids**
Add liquids (1 can of lite coconut milk and 1 cup of water) to saucepan and stir. Bring contents to a boil on medium-high heat, stirring frequently.
- 5 Simmer and Prepare Rice**
Reduce to medium-low heat and simmer, uncovered, for 20 minutes, stirring frequently. While contents simmers, make rice according to package directions.
- 6 Serve & Enjoy!**
Serve with rice and garnish (optional) with fresh chopped cilantro and lime juice.

Recipe created by Jason Dyka

What You'll Need



Fine Mesh Strainer



Medium Saucepan



Measuring Cups



Measuring Spoons



Spoon



Knife



Cutting Board

PD Cooking Tips

Onion: Purchase frozen or pre-chopped onions.

Garlic: Purchase jarred, minced garlic.

Coconut Milk: Use an electric can opener, instead of manual, to minimize hand strain.

Cilantro: Use an herb stripper and scissors to cut fresh herbs.