



LENTIL CURRY- serves 2

ALTERNATIVES (GLUTEN FREE G.F, MEAT FREE M.F, LACTOSE FREE L.F)

- 20g (1/2 tbsp) butter or oil (Olive Oil Spread-L.F)
- 2 tsp garlic minced
- 1 tbsp ginger
- 1/2 onion
- 1 carrot
- 1 celery
- 1 tbsp curry powder
- 1/4 tsp turmeric powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/2 cup (100g) dried lentils, *green or brown*
- 160ml coconut milk, *full fat*
- 200g canned tomato, *crushed or diced*
- 1 1/2 cups (375 ml) water

Serving:

- 1/4 cup coriander
- Greek Yogurt, *optional*
- Basmati rice (*or other rice*)

Equipment:

- Large Deep Pot/ Large Saucepan
- Chopping Board
- Sharp Knife

**Method:**

1. **Prepare ingredients:** Dice onion to desired width, slice or dice carrot and celery to desired size.
2. **Saute onion:** Melt butter in a pot over medium heat. Add onion, garlic and ginger. Slowly cook, stirring every now and then, for 10 minutes until tinged with gold and the onion is sweet.
3. **Cook off spices:** Turn heat up to high, add curry powder and turmeric, stir for 1 1/2 minutes.
4. **Add everything else:** Add remaining ingredients and stir. Bring to simmer, then place lid on and adjust heat to low / medium low so it's simmering gently.
5. **Simmer:** Simmer for 30 minutes, then remove lid and simmer for a further 10 minutes to reduce the sauce.
6. Lentils should be soft, sauce should be thickened and creamy. Too thick, add water. Too thin, simmer with lid off - thickens quickly.
7. **Coriander:** Stir through half the coriander, then taste and add more salt if needed.
8. **Serve** over basmati rice, sprinkled with more coriander and a dollop of yogurt.

Nutritional Tips:

- Lentils are one of the cheapest protein sources—buying them dried is even cheaper than canned. But lentils and all beans must be cooked properly. Canned beans don't need to be “cooked” with can save time and reduce overwhelm
- Use canned tomatoes and frozen vegetables instead of fresh to cut costs.
- Swap full-fat coconut milk for coconut milk powder, it's cheaper and lasts longer or lite coconut milk
- Serve with brown rice instead of white rice for more fibre.
- Make a larger batch and freeze portions for a quick, nutritious meal later.

Storage Information: **In the Fridge:**

- **Up to 5 days**
 - Lentils keep a bit longer than meat dishes because they're plant-based.
 - Store in an airtight container.
 - Cool it to room temp before refrigerating.
 - Reheat until steaming hot throughout.



In the Freezer:

- **Best within 2–3 months**
 - Totally safe beyond that, but flavour and texture might fade a bit.
 - Portion into containers or freezer bags (flatten bags to save space!).
 - Label with the date—you'll thank yourself later.

Reheating Tips:


From Fridge:

- **Stovetop (best):** Add a splash of water or broth, reheat gently while stirring.
- **Microwave:** Cover loosely and stir halfway through.

From Frozen:

- **Thaw overnight in the fridge**, then reheat as above.
- **From frozen:** Reheat slowly on the stove over low heat. Add liquid if it's thick.

Nutritional Information: Per 1 Serve

Lentil Curry		
Nutrition Information		
Serving Size: 1 serving		
	Average Quantity per Serving	%Daily Intake*
Energy	2231.5 kJ	26 %
Protein	16.6 g	33 %
Fat, total	23.9 g	34 %
- saturated	17.4 g	72 %
Carbohydrate	57.2 g	18 %
- sugars	6.3 g	
- lactose	0 g	
- galactose	0.1 g	
- starches	49 g	
Dietary Fibre	11.3 g	38 %
Sodium	774.3 mg	34 %
Vitamin C	19.2 mg	
Vitamin A	136.2 µg	
Calcium	108.9 mg	
Iron	5.4 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving 		
Full Info at cronometer.com		

Australia/NZ Label ▼

Recipe Credit:

Nagi Maehashi

<https://www.recipetineats.com/lentil-curry-mega-flavour-lentil-recipe/>