

Red lentil coconut curry

This easy to make healthy vegan red lentil coconut curry recipe is packed full of protein and delicious Indian flavours to keep you full and warm this Winter...



Image: Meredith Lee/The HSUS

Serves 6 to 8

Ingredients:

- One medium onion, finely chopped
- Two tablespoons vegetable oil
- One tablespoon finely chopped, peeled, fresh ginger
- Two garlic cloves, finely chopped
- One teaspoon ground cumin
- ½ teaspoon ground coriander
- One teaspoon turmeric
- One teaspoon salt
- One fresh jalapeño chilli, finely chopped (discard seeds)
- Two cups water
- 1½ cups dried red lentils
- 400ml unsweetened coconut milk
- 450g (about two medium-sized) baby marrow, diced into small pieces
- One cup loosely packed fresh coriander sprigs

Method:

1. Cook the onion in oil in a heavy pot over moderate heat, stirring occasionally, until the edges are golden, about six minutes.
2. Add the chopped ginger and garlic, and continue to cook for one minute, stirring continuously. Then add the cumin,

coriander, turmeric, salt, and chilli and continue cooking for another minute, continuing to stir.

3. Stir in the water, lentils, and coconut milk. Let the mixture simmer, covered, stirring occasionally, for five minutes.

4. Finally, stir in the zucchini and simmer, covered, until the lentils and baby marrow are tender, about 15 minutes.

5. Season with salt and serve with coriander sprigs scattered on top.

Variation: Substitute chopped kale for the zucchini, if desired.

Recipe from [epicurious.com](https://www.epicurious.com)

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