Veggie Lentil Curry

Ingredients

- 2 cups dry brown rice (or equivalent cauliflower rice)
- 1 x tablespoon coconut oil
- 1 x 400g can lentils
- 2 x cloves garlic, minced
- ¼ onion, chopped
- 1 x tablespoon grated ginger
- 1 x 425g can diced tomatoes
- 1 x 400ml can light coconut milk
- 1 tbsp brown sugar
- 2 tsp turmeric
- 2 tsp curry powder
- 2 tsp cumin
- 1 tsp sea salt
- 1 cup frozen peas
- Fresh black pepper to season

Making it

1. Heat the coconut oil in a large pot over a medium heat and add the ginger, garlic and onion. Fry for 2 mins until golden brown.
2. Add the diced tomatoes, coconut milk, sugar, turmeric powder, curry powder, ground cumin, salt and pepper, stir. Turn the heat up to medium – high and cook for 5 minutes.
3. Add the lentils and cook for another 5 minutes.
4. Add the peas and cook for 5 minutes.
5. Serve with brown rice or riced cauliflower.

NUTRITION FACTS

Servings: 4

PER SERVING

Calories (kcal): 430
Fat (g): 12
Carbohydrate (g): 70
Fibre (g): 10
Protein (g): 13

TIPS & HINTS

Coconut oil is not suitable for high heat cooking. Cooking at a high temperature can cause the oil to smoke. Use over a low-medium heat.