Recipe
SPEEDY LENTIL
COCONUT
CURRY

Recipe

- Onion: Roughly chopped.
- Garlic Cloves (2): Roughly chopped.
- Red or Green Chilli: Roughly chopped.
- Carrot: Roughly chopped.
- Ginger (10g): Peeled and chopped.
- Vegetable Oil (1 tsp): For cooking.
- Tikka Masala Curry Paste (1 ½ tbsp): Adds rich flavor.
- Cooked Green Lentils (400g can): Drained.
- Light Coconut Milk (220ml): Creamy base.
- Frozen Peas (200g): Sweet and vibrant.
- Coriander (10g): Roughly chopped, divided.
- Cooked Brown Rice (200g): For serving.
- Light Coconut or Natural Yogurt (4 tbsp): For garnish.

Method

- **Prepare the Paste:**
- Place the onion, garlic, chilli, carrot, and ginger in a food processor.
- Blitz to a smooth paste.
- **Cook the Paste:**
- Heat the oil in a medium saucepan over medium heat.
- Add the vegetable paste and cook for 4–5 minutes until fragrant and softened.
- Stir in the curry paste and cook for 1 minute.
- **Simmer the Curry:**
- Add the lentils, coconut milk, and 150ml of water.
- Bring to a boil, then reduce to a simmer for 10 minutes until thickened and creamy.
- Add the peas during the final 5 minutes of cooking.
- Season to taste.
- **Finish and Serve:**
- Stir in most of the coriander.
- Divide the curry between four bowls and serve with brown rice.
- Sprinkle with the remaining coriander and top with yogurt.