

## ***Vegetarian Lentil Curry***

### *Ingredients:*

- 1 cup dried lentils (preferably pardina lentils)
- 2 tablespoons coconut oil or olive oil
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1 piece of fresh ginger (about 1 inch), grated
- 1 large carrot, diced
- 1 red bell pepper, diced
- 1 can (400g) of crushed tomatoes
- 1 can (400ml) coconut milk
- 2 tablespoons curry paste (red, green or yellow according to your preference)
- 1 teaspoon of turmeric powder
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- Salt and pepper to taste
- Lime juice (optional, to serve)
- Chopped fresh cilantro (optional, for serving).

### *Instructions:*

1. Rinse the lentils in a colander under cold water and drain. Set aside.
2. Heat the oil in a large pot over medium heat. Add the chopped onion and sauté until translucent, about 5 minutes.
3. Add the minced garlic and grated ginger to the pot, and cook for 1 minute more until fragrant.
4. Add the diced carrot and red bell pepper to the pot, and cook for about 5 minutes until slightly tender.
5. Stir in the crushed tomatoes, coconut milk, curry paste and spices (turmeric, cumin and coriander powder). Mix all the ingredients well.
6. Add the rinsed lentils to the pot and stir to combine.

7. Bring the mixture to a boil, then reduce the heat to low and simmer for about 20-25 minutes, or until the lentils are tender and the mixture has thickened slightly.
8. Taste and adjust seasoning with salt and pepper as needed.
9. Serve the lentil curry hot, accompanied by brown rice or quinoa if desired.
10. Optionally, squeeze a little fresh lime juice over each serving and sprinkle with chopped fresh cilantro before serving.

This vegetarian lentil curry is a delicious comfort food that's packed with anti-inflammatory ingredients like ginger, turmeric and fresh vegetables - I hope you enjoy it!

