

Red Lentil Coconut Curry with Peppers & Avocado

35 minutes | 2 servings



Find cookware

[can opener](#)
[chef's knife](#)
[colander](#)
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[garlic press \(optional\)](#)
[grater \(optional\)](#)
[large pot](#)
[measuring cups](#)
[measuring spoons](#)
[stirring spoon](#)

Grab ingredients

1	avocado
8 fl oz	chicken or vegetable broth
½ small bunch	cilantro
½ (13.5 fl oz) can	coconut milk
1 (14.5 oz) can	diced tomatoes
2 cloves	garlic
1 (1 inch) piece	ginger root
1	jalapeño pepper
1	red bell pepper
1	shallot
	curry powder
	extra virgin olive oil
	red lentils, dried
	salt

Cook & enjoy

1 Wash and dry the fresh produce.

1 (1 inch) piece ginger root
1 jalapeño pepper
1 red bell pepper
1 avocado
½ small bunch cilantro

2 Heat a large pot over medium heat.

3 Peel and mince the garlic and shallot. Peel and mince or grate the ginger.

2 cloves garlic
1 shallot

4 Once the pot is hot, add oil and swirl to coat the bottom.

1 tbsp extra virgin olive oil

5 Add the garlic, shallot, and ginger to the pot and cook, stirring occasionally, 2-3 minutes.

6 Quarter the jalapeño pepper lengthwise; seed and remove ribs of the jalapeño with a spoon. Finely dice (Be careful, with jalapeños, do not touch your eyes and ensure you wash your hands after handling or wear gloves while preparing).

7 Small dice the bell pepper. Add the jalapeño, bell pepper, curry powder, and salt to the pot. Cook, stirring occasionally, 2-3 minutes.

½ tsp curry powder
½ tsp salt

- 8 Add the diced tomatoes, coconut milk, and broth to the pot. Stir and bring to a boil over high heat, then add the red lentils. Reduce heat to medium-low and cook, stirring occasionally, until lentils are tender, 22-25 minutes.

1 (14.5 oz) can diced tomatoes
½ (13.5 fl oz) can coconut milk
8 fl oz (1 cup) chicken or vegetable broth
½ cup red lentils

- 9 Meanwhile, halve and pit the avocado; slice crosswise while still in the skin and scoop out with a spoon.

- 10 Shave the cilantro leaves off the stems; discard the stems and mince the leaves.

- 11 To serve, divide the lentil curry between bowls; top with sliced avocado and minced cilantro. Enjoy!