Vegan Indian Curry with Cauliflower and Lentils

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A staple dish in Indian cuisine, this vegetarian dhal with vegetables is made with coconut milk, giving it extra flavor. Serve with rice, warm naan, or chappatis.

By Maggie Pannell

Prep: 15 mins

Cook: 40 mins

Total: 55 mins

Servings: 4

Yield: 4 servings

Ingredients

3 tablespoons vegetable oil, divided

1 onion, finely chopped

1 (4 inch) piece fresh ginger, peeled and grated

1 large clove garlic, minced

2 teaspoons ground coriander

2 teaspoons ground cumin

½ teaspoon ground turmeric

½ cup red lentils

¾ cup hot vegetable stock

1 head cauliflower, cut into small florets

1 (14 ounce) can coconut milk

1 large carrot, peeled and diced

½ cup frozen green beans, thawed

3 tablespoons chopped fresh cilantro

1 tablespoon lemon juice

1 pinch salt and freshly ground black pepper to taste

Directions

Step 1

Heat 2 tablespoons oil in a large saucepan over low heat and cook onion, stirring frequently, until soft and translucent about 10 minutes. Add ginger, garlic, coriander, cumin, and turmeric and cook, stirring continuously, for 2 minutes. Stir in lentils and pour in vegetable stock. Bring to a boil, reduce heat, cover, and simmer gently for 10 minutes.

Step 2

Meanwhile, heat the remaining 1 tablespoon oil in a skillet over medium heat and cook cauliflower until lightly browned, 2 to 3 minutes.

Step 3

Stir cauliflower, coconut milk, and carrot into the lentil mixture. Bring the curry back to a gentle simmer and cook until vegetables are tender, about 10 minutes. Stir in green beans and cook for an additional 3 to 4 minutes.

Step 4

Stir 3 tablespoons cilantro and lemon juice into the curry. Season with salt and pepper. Spoon onto a warmed serving dish and garnish with cilantro sprig.

Nutrition Facts

Per Serving: 448 calories; protein 12.5g; carbohydrates 33g; fat 32.5g; sodium 200.5mg.

black pepper to taste

1 sprig fresh cilantro