



Curry in a Hurry

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Prep
5 m

Cook
25 m

Ready In
45 m

Recipe By: Garrett Griffin

"This red lentil curry in a hurry is made in a multi-functional pressure cooker and is perfect for a quick and hearty vegetarian meal."

Ingredients

- | | |
|-------------------------------------|--|
| 5 cups water | 3 tablespoons tomato paste |
| 1 (14.5 ounce) can diced tomatoes | 2 tablespoons curry powder |
| 1 (14 ounce) can light coconut milk | 3 cloves garlic, minced |
| 2 cups red lentils | 2 teaspoons vegetable bouillon base (such as Better Than Bouillon(R) Vegetable Base) |
| 1 cup frozen chopped spinach | 1 teaspoon cayenne pepper |
| 1 red onion, chopped | |

Directions

- 1 Combine water, tomatoes, coconut milk, red lentils, spinach, onion, tomato paste, curry powder, garlic, bouillon base, and cayenne pepper in a multi-functional pressure cooker (such as Instant Pot(R)). Close and lock the lid.
- 2 Select high pressure according to manufacturer's instructions; set timer for 15 minutes. Allow 10 to 15 minutes for pressure to build.
- 3 Release pressure using the natural-release method according to manufacturer's instructions, about 10 minutes. Unlock and remove the lid. Stir and let sit for 5 minutes before serving.

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Printed From Allrecipes.com 4/30/2020

Notes:

1. Instead of using vegetable bouillon base and water, I used store-bought vegetable broth (32 oz.).
2. When I did the natural-release method for my pressure cooker, the pressure did not release after 10 minutes. I waited about 25 minutes, and then I did a quick release of the remaining pressure.