

Coconut Red Lentil Dahl

AUTHOR: DERYN MACEY PREP TIME: 5 MINS COOK TIME: 30 MINS

TOTAL TIME: 35 MINUTES YIELD: 6

Fragrant, warming, nutritious and easy to make, this dish is perfect anytime for a satisfying and delicious meal.

★★★★★
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INGREDIENTS

1 tbsp [coconut oil](#)
2 small yellow onions (625 g), diced
4 cloves garlic, minced
1 tbsp fresh ginger, peeled, minced
1 tbsp [curry powder](#)
1 tsp [turmeric](#)
1/2 tsp [coriander](#)
1/2 tsp [black pepper](#)
1 tsp [sea salt](#)
1/2 tsp [red pepper flakes](#)
2 cups (375 g) [dry red lentils](#)
1 can [coconut milk](#) (full-fat or light)
3 cups water or [vegetable stock](#)
fresh cilantro for serving

INSTRUCTIONS

- 1 Cook the onions, ginger and garlic in the coconut oil for 5-10 minutes, stirring frequently until soft.
- 2 Add the spices, coconut milk, lentils and water or vegetable stock.
- 3 Cook for 25-30 minutes until lentils are soft and it's thickened up.
- 4 Remove from heat and serve topped with fresh cilantro over brown rice, quinoa, or on it's own.

NUTRITION

Serving Size: 1/6th of recipe, Calories: 330, Fat: 7 g, Carbohydrates: 49 g, Protein: 19 g

DID YOU MAKE THIS RECIPE?

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