

Coconut Lentil Curry

INGREDIENTS

2 tablespoons coconut oil
1 tablespoon each: cumin seeds and coriander seeds
1 head of garlic, chopped (10-12 cloves)
1 – 28-ounce can of crushed tomatoes
2 tablespoons ginger, chopped
1 tablespoon turmeric
2 teaspoons sea salt
1 cup dried brown lentils
Optional: 1-2 teaspoons cayenne powder
1 – 15-ounce can coconut milk
A few handfuls of cherry tomatoes
1 cup chopped cilantro

METHOD

Heat the coconut oil in a large pot or skillet over medium-high heat. Add the cumin and coriander seeds and toast until they start to brown, about 45 seconds. Add the garlic to the pot and let it soften, about 2 minutes.

Add the can of crushed tomatoes, ginger, turmeric, and sea salt to the pot and cook, stirring the pot a few times, for 5 minutes. Add the lentils and, if using, the cayenne powder. Add 3 cups of water to the pot and bring it to a boil. Reduce the heat to low, cover the pot, and let it simmer for 45-50 minutes, or until the lentils are soft. Stir the pot a few times to prevent the lentils from sticking to the bottom. If the curry starts to look dry, add an extra 1/2 – 1 cup of water.

Once the lentils are soft, add the coconut milk and cherry tomatoes and bring the pot back to a simmer. Remove the pot from the heat and stir in the cilantro.