

# Instant Pot curried Lentil Tortilla

## PREP TIME:

10 minutes

## COOKING TIME:

10 minutes total

## SERVES:

6

make a dip - stir sour cream & lemon juice into any leftovers when chilled



## INGREDIENTS:

1 tbsp olive oil  
1 1/2 cups / 1 medium onion, diced  
1/2 cup / 1 large carrot, diced  
2 tsp / 4 cloves garlic, minced  
1 small green chili, chopped  
1 Indian Dal Slow Cooker Spice Blend  
1 tbsp tomato paste  
1 1/2 cups / 10oz French green lentils, rinsed  
1/2 tsp salt  
2 cups / 16 fl oz vegetable or chicken broth  
flour tortillas, 1/4 cup sour cream, cilantro

## PREPARE:

heat oil in Instant Pot on medium sauté function and cook onion, carrot, garlic and green chili for 2 minutes

turn off sauté function and sprinkle in the Indian Dal blend and stir in the tomato paste, French green lentils, salt and broth

secure Instant Pot lid & set pressure valve to Sealing

cook on Manual / Pressure Cook for 7 minutes

use Quick Pressure Release after cooking

spoon the curried lentils onto warmed flour tortilla, top with cilantro and sour cream