

Red Lentil Coconut Curry

PREP TIME:

10 minutes

COOKING TIME:

17 minutes total

SERVES:

6

crispy papadums add
a great crunch



INGREDIENTS:

- 1 tbsp light olive oil
- 1 1/2 cups / 1 medium onion, small dice
- 2 tsp / 4 cloves garlic, minced
- 1 Indian Dal blend
- 1/2 tsp salt
- 1/4 tsp black pepper, ground
- 2 tbsp tomato paste
- 1 cup red lentils, washed and picked over
- 1 1/2 cups vegetable broth
- 1 can coconut milk

PREPARE:

heat oil in Instant Pot on medium sauté function cook onion & garlic for 2 minutes

stir in Indian Dal blend, salt, pepper, tomato paste, red lentils, broth & coconut milk

secure Instant Pot lid & set pressure valve to Sealing

cook on Manual / Pressure Cook for 5 minutes

use Quick Pressure Release after cooking

serve with your favorite Indian chutney and crunchy papadums