



THAI RED CURRY LENTILS WITH JASMINE RICE

FAST. EASY. FRESH.

1. Start by placing your **rice** in a medium pot with 3 cups of water and a pinch of **salt**. Bring to a boil, then reduce the heat to low, cover, and simmer for 12-15 minutes or until all the water is absorbed. Set aside.

2. Next, place your **red lentils** in a medium-sized pot and cover with around 2 inches of cold water. Bring to a boil and then then cook for 8-10 minutes, or until tender, keeping an eye out to make sure that they don't boil dry. Drain, and set aside.

3. Meanwhile, peel and dice your **onion** and peel and mince the **garlic**.

4. Melt the **vegan butter** in a large pan over medium-high heat. Add the **onion** and sauté for a few minutes until softened and golden, about 5 minutes. Add the **red curry paste, Curry Spices (garam masala, curry powder, turmeric, cayenne, sugar), garlic, and ginger** and cook for a further 1-2 minutes.

5. Next, add the **crushed tomatoes**, and stir until well combined. Add the **cooked lentils** and the **vegan cream**. Stir to combine and the simmer for 15-20 minutes on low.

6. To serve, spoon the rice into dishes and top with the red curry lentils and roughly torn **cilantro**. Enjoy!



Ingredients (4 Person Serving – 857 Calories Per Serving)

Red Lentils	384 g	Garlic	4 Cloves
Yellow Onion	1	Minced Ginger	20 g
Vegan Butter	4 Tbsp.	Cayenne Pepper	Pinch
Red Curry Paste	56 g	Crushed Tomatoes	1 540 ml Can
Garam Masala	1 Tbsp.	Vegan Cream	½ Cup
Curry Powder	2 tsp.	Jasmine Rice	1 ½ Cups
Turmeric	1 tsp.	Cilantro	Small Bunch
Granulated Sugar	2 tsp.	Salt and Pepper	To taste

40 Minute Cook Time!