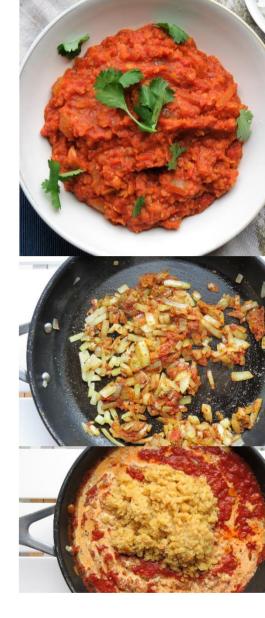# THAI RED CURRY LENTILS
WITH JASMINE RICE

FAST. EASY. FRESH.

1. Start by placing your **rice** in a small pot with 1 ½ 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 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 until softened and golden, about 5 minutes. Add the **red curry paste**, Curry Spices (**garam masala**, **curry powder**, **turmeric**, **cayenne**, and **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 then 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 (2 Person Serving – *857 Calories Per Serving*)

Ingredient	Amount	Ingredient	Amount
Red Lentils	192 g	Garlic	2 Cloves
Yellow Onion	1 Small	Minced Ginger	10 g
Vegan Butter	2 Tbsp.	Cayenne Pepper	Pinch
Red Curry Paste	28 g	Crushed Tomatoes	1 398 ml Can
Garam Masala	½ Tbsp.	Vegan Cream	¼ Cup
Curry Powder	1 tsp.	Jasmine Rice	¾ Cup
Turmeric	½ tsp.	Cilantro	Few Sprigs
Granulated Sugar	1 tsp.	Salt and Pepper	To taste

40 Minute Cook Time!