

Natrel[®]

Red Lentil Curry

Thick, smooth and full of sauce, this red lentil curry is a great vegetarian dish for any dinner. Equal parts spicy and creamy, the key is Natrel Fine-Filtered 2% Milk to add that touch of silky richness. Enjoy it with a few drops of honey to really bring out all the delicious flavours.


SERVES
4 TO 6


PREPARATION TIME
10MIN.


COOKING TIME
60MIN.

Ingredients

1 cup lentils
1 sweet potato, peeled and cut into ½-inch cubes
¼ cup olive oil
1 medium onion, minced
2 garlic cloves, finely chopped
2 tbsp. minced ginger
2 cups water
2 tbsp. red curry paste
1 can diced tomatoes
½ cup Natrel Fine-filtered 2% milk
1 block tofu, cut into 1-inch cubes
1 zucchini, cut into ¼-inch cubes
1 tsp. honey (optional)

Garnish

1 lemon, cut into wedges
1 bunch coriander
½ cup Thai basil leaves (optional)

Preparation

1. In a small saucepan, cover lentils with 2 cups (500 ml) of water and bring to a boil. Simmer for 10 minutes or until lentils are cooked. Drain and reserve.
2. In a medium saucepan, cover sweet potatoes with 3 cups (750 ml) of water and bring to a boil. Simmer for 15 minutes or until sweet potatoes are tender. Drain and reserve.
3. In a saucepan over medium heat, sauté the onions until they begin to colour. Add the garlic, ginger and curry paste. Sauté for another 2 minutes or until fragrant. Add the tomatoes. Bring to a simmer and reduce liquid by a quarter. Add the milk.
4. While mixture is reducing, in a non-stick skillet over medium heat, sauté the tofu until golden. Set aside with the lentils and sweet potatoes. In the same saucepan, sauté the zucchini until slightly coloured.
5. Purée curry mixture for a smooth texture or leave as is for a chunky version.
6. Stir the lentils, sweet potatoes, tofu and zucchini into the curry mixture. Season with the honey and salt.
7. Serve over a bed of rice. Squeeze with a little lemon juice and garnish with some coriander springs and basil leaves if desired.