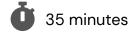




# **Masala Lentil Curry**

A warm, comforting creamy coconut curry with green lentils, crunchy snow peas and a squeeze of lemon, served with a side of brown rice.







Have a favourite curry paste or spice? This curry is easy to customise, simply substitute the garam masala and cumin spices to your preferred flavours! Add some tinned tomatoes or tomato paste for a richer flavour.

PROTEIN TOTAL FAT CARBOHYDRATES

#### FROM YOUR BOX

BROWN RICE	150g
SPRING ONIONS	1/4 bunch *
CARROT	1
CELERY STICK	1
GARLIC CLOVE	1
GREEN LENTILS	1 packet (100g)
COCONUT MILK	400ml
SNOW PEAS	1/2 bag (75g) *
ENGLISH SPINACH	1/2 bunch *
	1
LEMON	'

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, salt and pepper, garam masala, ground cumin

#### **KEY UTENSILS**

large frypan with lid, saucepan

#### **NOTES**

An easy way to rinse the spinach is to trim the ends and soak the leaves in a bowl of water. The sand will fall to the bottom of the bowl.

Garnish with coriander if you have some spare.



## 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



# 2. SAUTÉ THE VEGGIES

Slice spring onions, carrot and celery. Add to a frypan over medium-high heat with oil. Crush in garlic. Stir through 1 tbsp garam masala and 1 tbsp cumin.



## 3. SIMMER THE LENTILS

Add lentils, coconut milk and 1 cup water to pan. Cover with lid and bring to the boil. Simmer for 20-25 minutes, stirring occasionally, until lentils are tender.



# 4. ADD THE GREENS

Trim and halve snow peas. Rinse and chop spinach (see notes). Stir into lentils until spinach has wilted. Add 1 tsp lemon zest and 1/2 the juice (wedge remaining). Season to taste with salt and pepper.



# **5. FINISH AND PLATE**

Divide rice and curry among bowls. Serve with lemon wedges.

