

Spinach Lentil Curry

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (large, chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (peeled and grated)
- 2 tbsps Curry Powder
- 1 tsp Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 1/2 cup Organic Vegetable Broth
- 1 cup Organic Coconut Milk (from the can)
- 2 cups Lentils (cooked)
- 1/2 cup Cilantro (optional, roughly chopped)
- 6 cups Baby Spinach
- 1 cup Jasmine Rice (dry)
- 2 tps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	463	Vitamin C	22mg
Fat	15g	Calcium	109mg
Saturated	10g	Iron	6mg
Carbs	70g	Vitamin D	0IU
Fiber	13g	Vitamin B6	0.3mg
Sugar	8g	Folate	270µg

DIRECTIONS

- 01 In a large skillet, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.
- 02 Stir in all of the curry powder, cumin, salt and red pepper flakes and continue to cook for a minute until the spices become fragrant.
- 03 Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Then add the coconut milk, lentils and cilantro and stir to combine. Wilt in the spinach 2 cups at a time.
- 04 Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes. Meanwhile, cook your rice according to the instructions on the package.
- 05 When the curry has thickened slightly, stir in the maple syrup. Divide the cooked rice onto plates and top it with the curry. Enjoy!

NOTES

NO RICE

Serve alone or with quinoa, couscous or potatoes instead.

LEFTOVERS

Keep covered in the fridge for up to 4 days or in the freezer for up to 2 to 3 months.

TOO THICK

If the curry gets too thick, add extra vegetable broth to thin it.

MORE FLAVOUR

Add extra cilantro and lime.



Protein	15g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	86mg
Sodium	436mg	Zinc	2mg
Potassium	806mg	Selenium	5µg
Vitamin A	4488IU		

