

Curried Coconut Lentils

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This surprisingly simple lentil dish combines the simple earthy flavours of lentils with the flavour combinations of onion, garlic, red pepper, curry powder and coconut milk, freshened up with coriander. It's really simple and doesn't take that long to prepare. Serve it up as a warming midweek dinner.

Ingredients:

200g green lentils
100ml coconut milk
1 onion
1 red pepper
2 garlic cloves
1 tbsp. olive oil
1 tbsp. butter
1 tsp. curry powder
Salt and pepper
Small handful of freshly chopped coriander
700ml cold water

Directions:

1. Finely chop the onion and mince the garlic cloves. Deseed and dice the pepper.
2. Melt the butter and the oil together in a large frying pan and fry the onion together with the garlic for eight to ten minutes until lightly golden.
3. Add the red pepper and the curry powder and stir well.
4. Stir in the lentils and then add the water. Bring to the boil and then reduce to a simmer for 20-30 minutes until the lentils are almost tender.
5. Stir in the coconut milk and then simmer uncovered for another five to ten minutes.
6. Season well and then add the coriander.

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