



Thai Red Lentil & Spinach Curry

2 servings

25 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 1/4 cup Thai Red Curry Paste
- 1 1/2 cups Vegetable Broth
- 1 cup Canned Coconut Milk
- 1/2 cup Dry Red Lentils (rinsed)
- 2 cups Baby Spinach (chopped)
- 1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	508
Fat	26g
Carbs	51g
Fiber	9g
Sugar	6g
Protein	18g
Selenium	1µg

Directions

- 1 Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes until softened. Stir in the garlic, ginger, and curry paste and cook for another minute more.
- 2 Add the vegetable broth and coconut milk and bring the sauce to a simmer.
- 3 Add the lentils and cook for about 12 to 15 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan. Add the spinach and stir until wilted, then add the lime juice. Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1/2 cups.

Additional Toppings: Extra lime wedges, cilantro, green onion, coconut aminos, or hot sauce.

Curry Paste: This recipe was created using Thai Kitchen Red Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

Serve it With: Rice, quinoa or cauliflower rice.