

Recipe posted on gingerfriesen.com, February 2017

## **Coconut Quinoa & Lentil Curry**

Adapted from [HalfBakedHarvest.com](http://HalfBakedHarvest.com)

### Ingredients:

- 2 Tbsp coconut oil or olive oil
- 2 red or orange bell peppers, chopped
- 3-4 small carrots, chopped
- 3-4 cloves garlic, minced
- 2-3 Tbsp thai red curry paste (I buy Thai Kitchen brand from Vitacost.)
- 1 Tbsp curry powder
- 1 14-oz can full fat coconut milk
- 4 cups vegetable broth (I buy Celefibr bouillon cubes from Amazon.)
- 1 Tbsp fish sauce (I buy Red Boat brand from Vitacost.)
- 1 cup dried lentils, rinsed
- 1 cup uncooked quinoa
- 3-4 big handfuls baby kale, or 1 head lacinato or Tuscan kale, trimmed from stems and torn into bite-size pieces
- juice from half a lemon (can omit)
- 1/4 cup fresh cilantro and/or basil, chopped (can omit)
- 1 lime sliced into wedges for squeezing over top (can omit)
- 1 mango chopped, for adding over top (can omit)

### Instructions:

1. Heat the coconut oil in a large pot over medium heat.
2. Once hot, add the bell pepper and carrots, and cook 3-4 minutes or until lightly charred on the edges.
3. Add the garlic and cook 30 seconds.
4. Add the thai red curry paste and curry powder, and continue cooking for another minute or two.
5. Pour in the coconut milk, broth, and fish sauce. Stir to combine and bring the mixture to a boil.
6. Once boiling, stir in the lentils and quinoa. Reduce the heat to a simmer, cover and cook for 20-25 minutes or until the lentils are tender and the quinoa soft.
7. Stir in the kale and continue cooking, uncovered for another 5 minutes.
8. Remove from the heat and stir in the lemon juice, cilantro, and basil (if using).
9. Serve the curry in bowls, topped with chopped mango and a squeeze of lime juice on top.

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Notes:

\*This recipe comes together very quickly if you take the time to have most of the ingredients prepped before starting. The ingredients are added one right after the other, so look ahead and be prepared to keep the flow going.

\*You will notice that there are several ingredients with ranges listed near the top of the ingredient list. Use more or less carrots and garlic, depending on the time you have for chopping. Use more or less thai red curry paste and curry powder, depending on the flavor/spice level you want.

\*I have omitted one or more of the final four ingredients, based on availability, and the flavor of the curry doesn't change a whole lot. The mango is a great enhancer, though, so take the time to buy one and let it ripen first if you can.