

# Coconut Green Lentil Curry

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/green-lentils-curry-indian-recipe>

## Ingredients:

- 1 cup green lentils uncooked, rinsed
- 3 cups stock
- 1 onion finely chopped
- 2 cloves garlic finely chopped
- 1 teaspoon ginger fresh grated
- 1 carrot finely chopped
- 1 zucchini courgette, finely chopped
- 2 teaspoons olive oil 4 syns
- 2 tablespoons curry powder green, use a regular hot curry powder if you can't get this
- 5 cardamom pods
- 400 milliliters lite coconut milk 12 syns
- salt
- black pepper
- coriander fresh chopped

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 57 grams
3. Cholesterol: 5 milligrams
4. Fat: 30 grams
5. Fiber: 22 grams
6. Protein: 22 grams
7. SaturatedFat: 22 grams
8. Sodium: 490 milligrams
9. Sugar: 11 grams

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