

Red Curry Lentils

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/lentil-rice-recipe-persian>

Ingredients:

- 1 1/2 cups lentils rinsed and picked over
- 1/2 onion large, diced
- 2 tablespoons butter
- 2 tablespoons red curry paste
- 1/2 tablespoon Garam Masala
- 1 teaspoon curry powder
- 1/2 teaspoon turmeric
- 1 teaspoon sugar
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger
- 3 cayenne pepper good shakes of
- 14 ounces tomato puree
- 1/4 cup coconut milk or cream
- cilantro for garnishing, optional
- rice for serving

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 80 grams
3. Cholesterol: 15 milligrams
4. Fat: 16 grams
5. Fiber: 35 grams
6. Protein: 26 grams
7. SaturatedFat: 8 grams
8. Sodium: 460 milligrams
9. Sugar: 12 grams

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