

Veggie Coconut Curry

INGREDIENTS

1 T olive oil
1 small onion, diced
4 cloves garlic, minced
1 T fresh grated ginger
1/2 cup broccoli, chopped
1/2 cup diced carrots
1/2 cup snow peas
1/2 cup diced zucchini
1/4 cup lentils
1 Roma tomato, diced
1 T curry powder
1/4 tsp red pepper flakes
1, 14-ounce can full fat coconut milk
1 cup low sodium vegetable stock
Salt and black pepper to taste
1-2 T cilantro, chopped
1 lemon, cut into wedges
2 cups brown rice or quinoa, cooked

INSTRUCTIONS

Heat a large pot to medium heat and add the olive oil. Toss in the onion, garlic, ginger, carrot, broccoli, zucchini, lentils and a pinch each of salt and pepper. Stir frequently for about 5 minutes. Add curry powder, red pepper flakes, vegetable stock, and coconut milk and stir. Bring to a simmer. Reduce heat slightly and continue cooking for 12-15 minutes until lentils are cooked through. Add the snow peas and tomatoes in the last 5 minutes so they don't overcook. Taste and adjust seasonings as needed. Serve over 1/2 cup brown rice and garnish with cilantro and fresh lemon.

Makes 4 servings.

Adapted recipe from The Minimalist Baker.