

Lentil Curry - mega flavour lentil recipe!

Recipe video above. This will be an eye opener for you - an incredible creamy coconut curry made with just TWO spices! Hugely economical, this is essentially a streamlined version of Indian Dahl, delivering a similar intoxicating curry flavour but a whole lot less complicated.



4.99 from 249 votes

Prep Time
5 mins

Cook Time
55 mins

Course: Mains Cuisine: Indian Keyword: lentil curry, lentil recipe Servings: 5 - 6
Calories: 414cal Author: Nagi

Ingredients

- 50g (3 tbsp) butter , unsalted (sub 2 tbsp neutral oil)
- 4 garlic cloves , finely minced (Note 1)
- 1.5 tbsp ginger , finely minced (Note 1)
- 1 onion , finely chopped (white, yellow, brown)
- 2 tbsp curry powder , mild or spicy (your choice!) (Note 2)
- 1/2 tsp tumeric powder
- 1/2 tsp cayenne pepper , optional
- 1 1/4 tsp salt
- 1/2 tsp black pepper
- 1 cup dried lentils , green or brown (or any other dried lentils or split peas, Note 3)
- 400 ml / 14 oz coconut milk , full fat
- 400g/ 14 oz canned tomato , crushed or diced
- 3 cups (750 ml) water

Serving:

- 1/2 cup coriander/cilantro , finely chopped
- Yogurt , optional
- Basmati rice (or other rice)

Instructions

1. **Saute onion:** Melt butter in a pot over medium heat. Add onion, garlic and ginger. Slowly cook, stirring every now and then, for 10 minutes until tinged with gold and the onion is sweet.
2. **Cook off spices:** Turn heat up to high, add curry powder and turmeric, stir for 1 1/2 minutes.
3. **Add everything else:** Add remaining ingredients and stir. Bring to simmer, then place lid on and adjust heat to low / medium low so it's simmering gently.
4. **Simmer:** Simmer for 30 minutes, then remove lid and simmer for a further 10 minutes to reduce the sauce. {Note 2 for cook times of other lentils}
5. Lentils should be soft, sauce should be thickened and creamy. Too thick, add water. Too thin, simmer with lid off - thickens quickly.

6. **Coriander:** Stir through half the coriander, then taste and add more salt if needed.
7. **Serve** over basmati rice, sprinkled with more coriander and a dollop of yogurt. (Low carb option - cauliflower rice).

Notes

1. Garlic and ginger - while fresh is ideal (followed by jarred), powder is a sufficient substitute - use 1 tsp of each and add with curry powder.

2. Curry powder - I use Clives of India, Keens, and a generic brand and all tasted the same. The beauty of this recipe is that you don't need any fancy curry powder, just your run-of-the-mill jar from the grocery store.

3. Lentils - use any dried lentils or canned here, or split peas (will result in an an interesting colour in your pot, but it will still be phenomenally delicious!).

NOTE: Age of lentils will affect cook times. Very old dried lentils can take double the cook time. Just keep adding water until it is cooked. Cook times provided are packets purchased within the past few months from a grocery store (ie not super fresh but not extremely old).

COOK TIMES:

- **Green and brown lentils** - most common & cheapest, cook per recipe
 - **Canned lentils** (2 cans drained) - 25 min, uncovered the whole time
 - **Red split lentils** - 25 min, uncovered the whole time
 - **Yellow or green split peas** - 25 min, uncovered the whole time
 - **Any dal (Indian lentils)** such as channa dal, toor dal or moong dal - per recipe
 - **French lentils (Puy lentils / black lentils)** - *not recommended as they don't soften as well as other lentils so you won't get the same creamy, thick texture.*
- 4. Storage** - will keep in fridge for up to 5 days, and in freezer for 3 months (thaw, heat, give it a good stir and it will be as good as new. Use water to thin slightly if needed.)

5. Nutrition per serving, excluding rice.

Nutrition

Calories: 414cal | Carbohydrates: 36g | Protein: 14g | Fat: 26g | Saturated Fat: 20g | Cholesterol: 22mg | Sodium: 782mg | Potassium: 865mg | Fiber: 15g | Sugar: 5g | Vitamin A: 544IU | Vitamin C: 13mg | Calcium: 91mg | Iron: 7mg

Another great recipe by [recipetineats.com](https://www.recipetineats.com)