

# Potato Lentil Thai Curry

The combination of sweet and regular potatoes along with red lentils work extremely well in this recipe. Try it over quinoa or rice noodles.

## Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 25 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



## Ingredients

Water	3.5 cup
Lentils, cooked from dried	0.5 cup
Olive oil	1 teaspoon
Onion, white, yellow or red, raw	1 medium - 2 1/2" diameter
Garlic, cooked	3 clove
Ginger root, raw	1.5 tablespoon
Curry paste, red	3 tablespoon
Carrots, cooked from fresh	1 medium - 6" to 7" long
Red bell peppers, cooked	1 medium - 2 1/2" diameter x 2 3/4"
Broccoli, cooked from fresh	1 cup
Shiitake mushrooms, cooked	0.5 cup
Sweet potato, boiled	1 cup
Potato, boiled, without skin	1 cup
Coconut milk (for cooking)	13.5 ounce
Salt, sea salt	1 teaspoon
Coconut sugar, coconut	2 x 1 tsp
Cayenne	0.25 teaspoon
Lemon peel	1 tablespoon
Lemon juice, fresh	1 teaspoon
Basil, fresh	0.5 cup

## Instructions

1. Cook lentils in 2.5 cups water for about 15 minutes or until done. Do not drain. Set aside.
2. Chop veggies including sweet potato, yellow potato, red pepper, carrot, mushrooms and broccoli (can also use only one type of potato and different veggies). Set chopped veggies aside.
3. Chop onion and garlic. Cut about 1.5 inch of a piece of fresh ginger root and grate finely. Set aside. Grate one small lemon or lime. and squeeze 1 tsp of fresh lemon juice. Set aside.

4. In a large saucepan sauté onion and garlic with a dash of salt until soft. Add grated ginger and 3 tbsp curry. Stir frequently, as the ginger tends to stick, for about 1 -2 minutes. Add chopped veggies including potatoes and coconut sugar and stir to combine.
5. Add coconut milk, 1 cup water, dash of salt, 2 tsp coconut sugar, cayenne, lime or lemon zest and lemon juice. Cover and cook for about 12 minutes or until potatoes are cooked.
6. Add cooked lentils and stir. Cook an additional 5 minutes to allow flavors to mix. Season to taste.
7. Serve over quinoa or rice noodles and top with fresh basil or corriander and lemon slices.