

Coconut Curry Lentil Stew

A flavorful and creamy coconut curry lentil stew that is dairy-free and packed with aromatic spices.



Main Dish

English

30 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1/2 cup dried lentils
- 1 cup coconut milk
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tsp curry powder
- 1/2 tsp turmeric
- 1/2 tsp cumin
- 1/2 tsp paprika
- Salt and pepper to taste
- Fresh cilantro for garnish

Steps

- 1 In a pot, sauté the diced onion and minced garlic until fragrant.
- 2 Add the dried lentils, curry powder, turmeric, cumin, paprika, salt, and pepper. Stir well.
- 3 Pour in the coconut milk and enough water to cover the lentils. Bring to a boil.
- 4 Reduce heat, cover, and let simmer for 20–25 minutes or until lentils are cooked through.
- 5 Adjust seasoning if needed. Serve hot, garnished with fresh cilantro.