

Red Lentil Curry

A simple vegan curry dish made with red lentils, tomato and spices.



Main Dish

20 min

Total time

Easy

Difficulty

320

kcal / serving

Ingredients

- 1/2 cup of red lentils, 1 tomato, 1 celery stalk, 1 garlic clove, 1/4 teaspoon of turmeric, 1/4 teaspoon of coriander powder, 1/4 teaspoon of chili powder, 1/4 teaspoon of garam masala, 1 tablespoon of olive oil, salt to taste

Steps

- 1 Wash and drain lentils.
- 2 Heat oil in a heavy-bottomed pan and add celery and garlic. Saute for 1 minute.
- 3 Add the tomato and cook until soft.
- 4 Add all the spices, mix and cook for 1 minute.
- 5 Add the lentils and 2 cups of water.
- 6 Simmer on low heat for 15 minutes until the lentils are cooked.
- 7 Season with salt and serve hot.