

LENTIL CURRY

WITH EGGPLANT AND GREEN BEANS

Think of this lentil curry recipe as a starting point - this week we're including green bell pepper, tomatoes and carrots as the vegetable but really the sky's the limit here! Once you've gotten comfortable cooking the lentils, you can add any vegetables you prefer or have on hand. A little onion, spicy peppers, or frozen vegetables would go great with Local Crate's Curry Spice Blend and coconut milk. Serve with your favorite whole grain for a delicious, filling vegetarian meal.



Ingredients

- 1 1/2 cups green or brown lentils
- 3 Tablespoons olive oil
- About 6 cups mixed vegetables (green bell peppers, carrots, tomatoes, etc.)
- 14 ounce can coconut milk
- 1 cup water mixed with 1 Tablespoon honey
- 2 Tablespoons Curry Spice Blend
- 3 cups cooked brown rice or other grain for serving
- Salt and pepper

Equipment:

- 1 large stock pot
- Large saute pan

PREPARATION: 20 MIN

COOKING: 30 MIN

READY IN: 30-40 MIN

MAKES 6 SERVINGS

Directions

Read through entire recipe before getting started.

Wash and dry all produce.

1. Rinse **lentils** under cool water. Discard any shriveled lentils or debris. Bring a large pot of water to a boil and add lentils. Set heat to low and simmer until lentils are tender, about 25 - 30 minutes. Drain and set aside. Meanwhile, prep vegetables and start curry.

2. Remove seed and white ribs from **bell peppers**, peel **carrots** if you'd like, and remove stems from **tomatoes**. Dice **vegetables** into 1/2 inch pieces.

3 Heat **olive oil** in pan, and saute vegetables until tender and brightly colored, about 5-6 minutes. Add **Curry Spice Blend** and **honey water** and continue cooking to make sure the spices are well blended.

4. Add **coconut milk** and cooked lentils. Combine well. Simmer on low heat about 10 minutes. Taste and add salt and pepper to taste. Serve over cooked brown rice. Enjoy!

Tips, Tricks, and Terms

The scoop on lentils!

Lentils are a nutritional powerhouse, considered both a protein AND a vegetable. They're cholesterol free, sodium free, and loaded with potassium, folate, iron, and fiber. One serving of lentils boasts nearly half as much protein as a serving of chicken and twice as much protein as a serving of quinoa! Lentils are also gluten-free, vegetarian, and allergen-friendly while also being super affordable - one serving of lentils costs about \$0.07 versus \$1.07 for a serving of beef.

Lentils pretty much take on whatever flavors they're cooked with, so try this Lentil Curry and experiment with other fun uses for these little heavy hitters to find your favorite lentil dishes!

A little about...

SIMMER: bring a pot to a boil, then reduce the heat until there are small, consistent bubbles.

MINCE: to cut as small as possible, most commonly used with garlic.

DICE: to cut into pieces, usually designated as small (1/4 inch), medium (1/2 inch), or large (3/4 - 1 inch)

STOCK POT: A large, deep pot that is most often used to make stock, soup, stew, or boil noodles.



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