Dinner, Indian

Golden Lentil Stew with Cauliflower Rice

Tender lentils simmer in a fragrant tomato and coconut sauce built on layered warm spices, then get spooned over fluffy cauliflower rice and finished with fresh herbs.



Freezer safe

40 min	300	43 g	5 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 tsp olive oil
- [ ] 1 med yellow onion (finely chopped)
- [ ] 3 clove garlic (minced)
- [ ] 1 tbsp fresh ginger (grated)
- [ ] 2 tbsp curry powder
- [ ] 1 tsp ground cumin
- [ ] 1 tsp ground coriander
- [ ] 1/2 tsp turmeric
- [ ] 1/4 tsp cayenne pepper
- [ ] 1/4 tsp salt
- [ ] 1 cup lentils (green or brown, dry, rinsed)
- [ ] 1 (14 oz) can canned diced tomatoes (low sodium)
- [ ] ½ (14 oz) can lite coconut milk
- [ ] 4 cup frozen cauliflower rice (steamed)
- [ ] 2 tbsp fresh parsley (or cilantro, chopped)

Nutrition Facts

Per serving

Calories	300
Total fat	11 g
Saturated fat	3 g
Sodium	130 mg
Total carbs	43 g
Fiber	8 g
Total sugars	5 g
Protein	9 g

Method

- [ ] **1** Set a large pot over medium heat and pour in the olive oil. Toss in the finely chopped yellow onion and let it cook down until it turns translucent, which should take about 5 minutes.
- [ ] **2** Drop in the minced garlic and the grated fresh ginger, giving them a couple of minutes in the pot so their aroma develops.
- [ ] **3** Work the curry powder, ground cumin, ground coriander, turmeric, cayenne pepper, and salt into the onion base, letting the spice blend bloom for 1 to 2 minutes.
- [ ] **4** Tip the rinsed lentils into the pot along with the canned diced tomatoes and the lite coconut milk, then mix everything together thoroughly.
- [ ] **5** Let the pot come up to a boil, drop the heat to low, put the lid on, and leave it to simmer gently for 20 to 25 minutes, until the lentils turn tender.
- [ ] **6** To serve, divide the steamed frozen cauliflower rice among bowls, spoon the lentils over it, and scatter chopped fresh parsley or cilantro on top.

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