

Lentil curry with spicy cauliflower and peas

This curry is super easy, healthy, and full of flavor! Serve with vegan naan or basmati rice, if desired.

Serves 3-4

Ingredients

- 2 tbsp. oil
- 2 tsp. ground cumin
- 2 tsp. ground coriander
- 2 tsp. curry powder
- 2 tsp. turmeric
- ½ tsp. cayenne
- ½ medium onion, chopped
- 2 tsp. minced garlic
- Salt to taste
- 3 and ¼ cups water
- ½ cup coconut cream
- 3 tbsp. tomato paste
- 1.5 cups green lentils
- 1 cup peas, fresh or frozen
- 1 medium head of cauliflower, cut into bite-sized pieces
- Juice of ½ lemon (2-3 tbsp.)
- Chopped fresh cilantro, for serving



Directions

- 1) Heat 1 tbsp. of the oil in a medium saucepan. Add 1 tsp. of the cumin, 1 tsp. of the coriander, 1 tsp. of the curry powder, 1 tsp. of the turmeric, and ¼ tsp. of the cayenne. Cook for just about 30 seconds, or until the spices are fragrant. Add the onion and garlic and sauté for 2-3 minutes, or until the onions are softened. Add 3 cups of the water, coconut cream, 2 tbsp. of the tomato paste, and lentils and bring to a boil. Reduce heat to a simmer and cook for 35 minutes, covered, or until the lentils are tender and have absorbed most (or all) of the liquid. Season with salt to taste. Turn off the heat and stir in the peas, lemon juice, and cilantro.
- 2) Meanwhile, whisk together the remaining spices, tomato paste, and water in a medium bowl to make a paste. Put the cauliflower into a large resealable bag (or container with a lid), add the spice paste, and toss to coat. Heat up remaining 1 tbsp. oil in a sauté pan. Add the spicy cauliflower and cook over high heat, stirring occasionally, for 5-10 minutes, or until the cauliflower is tender and browned. Season with salt to taste.
- 3) Serve the lentils with the spicy cauliflower, sprinkle with cilantro, and enjoy!