



## Thai Red Lentil & Spinach Curry

4 servings  
25 minutes

### Ingredients

- 1 tbsp Coconut Oil
- 1 Yellow Onion (medium, chopped)
- 4 Garlic (clove, minced)
- 2 tbsps Ginger (fresh, minced or grated)
- 1/2 cup Thai Red Curry Paste
- 3 cups Vegetable Broth
- 2 cups Canned Coconut Milk
- 1 cup Dry Red Lentils (rinsed)
- 4 cups Baby Spinach (chopped)
- 1 Lime (juiced)

### Directions

- 1 Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes until softened. Stir in the garlic, ginger, and curry paste and cook for another minute more.
- 2 Add the vegetable broth and coconut milk and bring the sauce to a simmer.
- 3 Add the lentils and cook for about 12 to 15 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan. Add the spinach and stir until wilted, then add the lime juice. Divide between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1/2 cups.

**Additional Toppings:** Extra lime wedges, cilantro, green onion, coconut aminos, or hot sauce.

**Curry Paste:** This recipe was created using Thai Kitchen Red Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

**Serve it With:** Rice, quinoa or cauliflower rice.

A top-down view of a white bowl filled with a vibrant orange-red lentil soup, garnished with fresh green spinach leaves. A silver spoon rests on the right edge of the bowl. To the right of the bowl, a small wedge of lime sits on a light blue textured surface. The background is a soft, out-of-focus grey.

# **PREP INSTRUCTIONS**

## **THAI RED LENTIL & SPINACH CURRY**

**It's optional, but I recommend preparing the following items before our time together:**

- **Chop Onion**
- **Mince Garlic**
- **Mince or Grate Ginger**
- **Rinse Lentils**
- **Juice lime**

**If you would like to serve it with rice, quinoa, or cauliflower rice, please have that prepared as well.**