

## Coconut Curried Golden Lentils

submitted by memcbrid

Per serving: 317 Calories • 35.7g Carbs (6.2g Fiber) • 15.1g Fat • 13.5g Protein

### Ingredients

*Ingredients scaled to: 6 serving*

- 1 1/2 cup **Lentils** (288 grams)
- 1 tbsp **Coconut oil** (13.6 grams)
- 1 shallot (medium) **Shallots** (42.5 grams)
- 4 cloves, minced **Garlic** (12 grams)
- 1 tbsp **Ginger** (5.4 grams)
- 3/4 tsp **Salt** (4.5 grams)
- 1 tbsp **Curry powder** (6.3 grams)
- 1 tsp **Turmeric** (2.2 grams)
- 1/8 tsp **Cayenne pepper** (0.23 grams)
- 1 1/2 cup **Coconut milk** (339 grams)
- 2 tbsp **Lemon juice** (30 grams)

### Directions

*Directions are based on the original recipe of 6 servings*

1. Mince garlic and thinly slice shallots.
2. Cook lentils according to package direction.
3. In the meantime, heat a large skillet over medium heat. Once hot, add oil, shallot, garlic, and ginger. Saute for 2-3 minutes, stirring frequently. Then add salt, curry powder, turmeric, and cayenne and cook for 1 minute more. Lower heat to low.
4. Add coconut milk and stir to combine. Cook over low heat for 3-4 minutes.
5. Add the drained lentils and stir. Turn off heat, add lemon juice, and stir.