Blue Zones Project®

# Lentil Curry

*From the kitchen of:*
Blue Zones Project®
Instant Pot Recipe by:
Well Plated

## Ingredients:

1/2 tbsp coconut oil
1 and 1/2 c lentils (green or brown)
1 c + 1 tbsp water (divided)
1 small shallot, finely chopped
3 tbsp fresh ginger, minced
2 tbsp garlic, minced (6 cloves)
1 tbsp + 1 tsp curry powder
1/2 tbsp coconut sugar
14 oz light coconut milk
3/4 tbsp ground turmeric
1/8 tsp cayenne pepper
2 tbsp juiced lemon

For serving:
cooked brown rice
chopped fresh cilantro

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## Directions:

1. Rince & drain the lentils, set aside.
2. Set the instant Pot to saute & add the coconut oil Once the oil has melted, add 1 tbsp water, shallot, ginger & garlic. Cook, stirring often, until fragrant & the shallot is soft, about 2 minutes. Add curry powder, coconut sugar, turmeric, and cayenne & stir vigorously.
3. Add lentils, coconut milk, and 1 cup of water. Stir to coat the lentils completely with the liquid.
4. Hit cancel to stop the saute function, seal the lid, then set to cook on HIGH pressure for 15 minutes. Once the timer has stopped, let the pressure release naturally for 10 minutes, then vent to release the pressure completely.
5. Open the lid and stir in the lemon juice. Taste and adjust the seasoning as desired. If the curry is too thick, add a bit more water to loosen as needed.
6. Serve hot with rice, sprinkled with cilantro.

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