

# Curried Red Lentils with Fried Cauliflower and Peanuts

## Curried Red Lentils

- 1/4 c. unsalted butter
- 1 medium white onion
- 2-3 cloves garlic
- 2 tsp. fresh minced ginger
- 1 Tbsp. curry powder
- 1/2 cinnamon stick OR 1/8 tsp. cinnamon
- 1 lb. red lentils (about 2 cups)
- 4-5 c. water
- 1 tsp. salt
- 1/4 c. plain yogurt
- 1/3 c. whole milk



## Toppings: Fried Cauliflower, Peanuts, and Extras

- 1/4 c. olive oil
- 1 medium head cauliflower
- 1 lemon, juiced, divided (about 4 Tbsp.)
- 1/2 c. peanuts
- 6 Tbsp. plain yogurt

## Instructions

1. In a 6-quart saucepan melt butter over medium-low heat.
2. While butter melts, dice onion, mince garlic, and mince ginger. Add to pot to begin to sauté as they are ready.
3. Turn heat to medium and add curry powder and cinnamon. Continue to sauté until onions are translucent and spices are fragrant.
4. Add lentils and water to pot. Turn up heat to high to bring to a boil, then reduce heat to medium-low and simmer, uncovered, about 30 minutes until lentils are very tender and have absorbed all liquid. Stir lentils occasionally; if becoming too dry and lentils start to stick to bottom of the pot, add a little more water.
5. While lentils cook, fry cauliflower: wash cauliflower and cut into 1-inch florets. Heat olive oil in a large skillet over medium-high heat, add cauliflower florets and sauté until tender enough to insert a fork and are starting to brown. Stir in half the lemon juice to season.
6. While cauliflower sautés, dry roast peanuts: add peanuts to a small skillet (without oil) and heat over medium-high heat 5-8 minutes, shaking pan to turn nuts and cook evenly. Remove from heat when starting to brown and hot.
7. Once lentils have absorbed all the water, stir in salt, 1/4 cup yogurt, and whole milk. Remove from heat and serve lentils topped with cauliflower, peanuts, yogurt, and a sprinkle of lemon juice.

Prep time: 25-30 min // Cook time: 20-30 min // Total time: 50-60 min // Serves 6 - Serving Size: 1 c. lentils + 1/2 c. cauliflower + 1 1/2 Tbsp. peanuts + 1 Tbsp. yogurt -- Nutrients per serving: 513 calories -- 24g total fat -- 7g saturated fat -- 0g *transfat* -- 24mg cholesterol -- 607mg sodium -- 55g total carbohydrates -- 23g fiber -- 7g sugar -- 23g protein

Pro tip: Although this recipe seems complex, cooking the cauliflower and peanuts while the lentils simmer makes the hands-on time of this recipe not so bad.

## Cooking Techniques Used

- **Dice onion:** trim top and base off onion, then peel tough outer layers (usually top 1-2 layers). Slice in half lengthwise and lay the onion with the cut (flat) side face down. Slice the onion into thin wedges, about 1/4-inch thick, then turn a quarter-turn and dice.
- **Mince garlic:** smash garlic clove by placing the flat edge of a chef's knife on top of the clove and pressing firmly with the palm of the hand; remove papery skin. Lengthwise slice clove into very thin slices; stack slices on top of each other and cut into very thin matchsticks. Turn a quarter-turn and mince finely.
- **Mince ginger:** using the edge of a spoon, scrape off the papery brown skin of the ginger. Mince ginger by slicing very thin slices; stack slices on top of each other and cut into very thin matchsticks. Turn a quarter-turn and mince.
- **Cut cauliflower into florets:** trim greens from base of cauliflower and cut in half. Remove stem by cutting a "V" just under start of florets. Discard tough stem. Cut florets from stem into approximately 1/2-inch pieces.