



# Curried Red Lentils with Peanuts and Pan-Fried Cauliflower

🕒 40 minutes 🍴 4 servings

## Ingredients

### Lentils

- 1 Yellow onion (sliced)
- 2 clove Garlic (minced)
- 2 tbsp Extra virgin olive oil (for lentils)
- 1 tbsp Fresh ginger (minced or grated)
- 1 tbsp Curry powder
- 1/4 tsp Cinnamon
- 1 cup Dry red lentils
- 3 cup Water
- 1/2 tsp Salt (wait to add until lentils are fully cooked)
- 1/4 cup Plain greek yogurt (plus more for topping; can substitute plain coconut yogurt for dairy-free)
- 1/4 cup Whole milk (substitute coconut or almond milk for dairy-free)

### Cauliflower

- 1 head Cauliflower (cut into 1-inch florets)
- 2 tbsp Extra virgin olive oil (for cauliflower)
- 1/2 tsp Salt
- 1 Lemon (divided)

### Peanuts

- 1/2 cup Raw peanuts

## Directions

### Curried Red Lentils

1. Dice onion and mince garlic. Heat a large pot over medium heat. Once hot, add oil, onion, and garlic and cook until the onion softens, about 5 to 7 minutes.
2. Mince ginger. Once onion is translucent, add ginger, curry powder, and cinnamon. Stir to combine and cook until spices are fragrant, 2-3 minutes.
3. 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, 25-30 minutes until lentils are very tender and have absorbed all liquid; they will be the consistency of thick porridge when cooked. Stir lentils occasionally; if becoming too dry and lentils start to stick to bottom of the pot, add a little more water.

### Pan-Fried Cauliflower

1. While lentils cook, cut cauliflower into 1-inch florets. Heat a large skillet over medium-high heat. Once hot, add oil, then add cauliflower florets. Cook, stirring occasionally, 10-15 minutes until cauliflower is soft enough to pierce with a fork and starting to brown. Season with salt and juice from half of the lemon.

### Peanuts

1. Towards end of cooking time of lentils, 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.

### Serving Suggestion

1. Once lentils have absorbed all the water, stir in salt, yogurt, and milk. Remove from heat and serve lentils topped with peanuts, additional yogurt, and a squeeze of lemon juice.

## Notes

Total Time: 40-45 min

Prep time: 25-30 min | Cook time: 25-30 min

### Serving Size

3/4 cup lentils + 2 Tbsps peanuts + 1 Tbsp yogurt

### Pro Tip

Serve with pan-fried cauliflower or over rice for a more filling meal.

### Cooking equipment

Cutting board | Chef's knife | Large saucepan | Large skillet or sauté pan | Small skillet

### Leftovers

Lentils store well. Refrigerate in airtight container up to 5 days; freeze for up to 3 months. Do not freeze leftover cauliflower.

## Nutrition per serving (estimated)

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|               |          |           |        |
|---------------|----------|-----------|--------|
| Calories      | 467 kcal | Fat       | 25 g   |
| Carbohydrates | 25 g     | Protein   | 22 g   |
| Fiber         | 20 g     | Sugar     | 7 g    |
| Cholesterol   | 2 mg     | Sodium    | 654 mg |
| Vitamin A     | 65 IU    | Vitamin C | 88 mg  |
| Calcium       | 140 mg   | Iron      | 6 mg   |

## Notes

### 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: place flat edge of chef's knife on top of clove and press firmly with palm of the hand; remove papery skin. Cut clove into very thin slices. Stack slices 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. Slice into very thin slices; stack slices on top of each other and cut into very thin matchsticks. Turn a quarter-turn and cut into tiny pieces. Stack pieces and chop, repeating until pieces are very small.

### 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.

## Prep ahead

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- Dice 1 yellow onion and mince 2 clove garlic.
  - Mince 1 tbsp fresh ginger.
  - Cut 1 head cauliflower into 1-inch florets.