

CHILI GARLIC LENTILS

Time: 30 minutes

Serves: 4

Ingredients:

1½ cups split red lentils
4 cups water
1½ teaspoons kosher salt
¾ teaspoon ground turmeric
1 tablespoon coconut oil
2 cloves garlic - finely chopped or grated
½ teaspoon Indian hot chili powder
1 large tomato – chopped
2 tablespoon cilantro – finely chopped

Preparation:

Combine the lentils, water, salt and turmeric in a pot on high heat. Bring to a boil, then reduce to simmer for ten minutes.

While the lentils are simmering, place a deep frying pan on medium heat and add the coconut oil.

When the oil is hot, add the garlic and chili powder, stirring frequently for thirty seconds.

Stir the tomato into the oil mixture and cook, stirring occasionally for three minutes.

Add the lentils and their liquid to the frying pan and simmer, stirring occasionally for ten minutes.

Remove from heat and serve garnished with the cilantro.

Nutritional Information Per Serving:

Calories: 292
Fat: 4g
Carbs: 45g
Fibre: 23g
Protein: 19g