



Indian Spiced Lentils

Recipe Provided By: Canadian Lentils

Recipe Source: Cookspiration.com

Recipe Info

Prep Time: 10 Minutes

Total Time: 30 Minutes

Servings: 4

Ingredients

2 Tbsp (30 mL) canola oil
1 tsp (5 mL) ground cumin
1 tsp (5 mL) ground coriander
1 tsp (5 mL) turmeric
½ tsp (2 mL) red chili flakes
1 cup (250 mL) finely chopped onion
1 celery stalk, finely chopped
2 garlic cloves, minced
1 Tbsp (15 mL) minced fresh ginger
1 cup (250 mL) green lentils
3 cups (750 mL) water, chicken, or vegetable stock
1 Tbsp (15 mL) fresh lemon juice
to taste, salt and ground black pepper

Instructions

Step 1

Heat oil in a saucepan over medium-high heat. Add cumin, coriander, and turmeric and cook stirring constantly for about 15 seconds. Be careful not to burn spices.

Step 2

Stir in chili flakes, onion, celery, garlic, and ginger. Cook over medium heat for about 4 minutes, until vegetables are soft.

Step 3

Stir in lentils and cook for 30 seconds, coating them in the oil and spices. Pour in water or stock, cover, increase heat to high and bring to a boil. Reduce heat and simmer for about 20 minutes until lentils are tender. Stir in lemon juice and season with salt and pepper to taste.

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