Yellow Lentil Curry with Rice

Visual Recipe by DAREBEE
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1 cup ~ 7oz ~ 200g yellow lentils
½ cup ~ 3oz ~ 100g rice
1 onion
1 green pepper
1 tomato
1 cup ~ 7oz ~ 200ml milk
1 tbsp molasses
1 tbsp curry powder

2 PORTIONS

LEVEL UP! Add red onion and cayenne pepper.

INSTRUCTIONS

1. Rinse rice really well.

2. Transfer the rice to a cooking pot. Cover with double the amount of water, season for taste and stir once. Bring water to a boil then lower heat to low. Cover with a lid and simmer until it has completely absorbed the water. It will take ~ 20 minutes for white rice; 35 minutes for brown rice.

3. Combine diced green pepper, onion and tomato in a cooking pot. Add yellow lentils and equal amount of water 1:1 ratio. Mix everything together and bring to a boil. Cook for 10 minutes until water has almost evaporated and the lentils are tender.

4. Add milk, molasses and curry powder to the lentils, season for taste and stir. Cook for another 2-3 minutes or until the curry thickens.

5. Add cooked rice to one side of the plate and ready lentil curry to the other.

6. Top with spring onions and cashew nuts.