

Red Lentil & Vegetable Curry



Sirve:

8 servings

Pieza:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Red lentils are quick cooking and a great source of fiber, protein, folate, iron, magnesium and more. Red lentils are very easy to prepare and require no presoaking. This one pan meal is easy to prepare in the MP5 and ready in less than 30 minutes.

1 medium onion, strung, use Cone #2
4 cloves garlic, shredded, use Cone #1
2-inch piece ginger, peeled and shredded, use Cone #1
8 ounces
mushrooms, baby bella, trimmed and cut in half
(227 g)
1 head
cauliflower, trimmed, core removed and cut into florets
2 sweet potatoes, peeled and cut into medium dice
2 tablespoons
tomato paste
(33 g)
1 - 2 tablespoons
mild red curry paste
(16 - 32 g)
2 cups
red lentils
(512 g)
15 ounces
coconut milk, light
(450 ml)
3 cups
vegetable stock or water
(700 ml)

1 teaspoon
sea salt
(6
g)
chopped cilantro or scallions for garnish (optional)

Preparación :

1. Preheat MP5, uncovered, at 375°F/190°C.
2. Add onions, garlic, ginger and mushrooms to MP5. Sauté for 3 - 4 minutes until vegetables are softened.
3. Add cauliflower, sweet potatoes, tomato paste, red curry paste and lentils. Stir to combine and coat vegetables.
4. Add coconut milk, vegetable stock and salt. Stir to combine.
5. Place cover on MP5. When Vapo-Valve™ begins to click steadily, reduce heat to 225°F/110°C and cook for 20 minutes.
6. Serve curry as is garnished with chopped cilantro or scallions, if desired.

Consejos:

- Add in chopped spinach or other dark leafy greens in the last 5 minutes of cooking for added nutrition and flavor.
- Serve curry with pita bread or steamed basmati rice.
- Serve with a dollop of plain yogurt on top.

Información nutricional por ración

▼
Calorías: 273
Grasa Total: 5g
Grasa 3g
Saturada:
Colesterol: 0mg
Sodio: 758mg
Carbohidratos: 46g
Fibra 19g
Dietética:
Azúcar: 7g
Proteína: 16g
Analysis calculated using vegetable stock