

# Red Lentil & Cauliflower Curry



## INGREDIENTS

- 1 head of cauliflower chopped into small florets
- 1 onion chopped
- 1 540 ml (19 oz.) can red lentils
- 1 Tbsp coconut oil or ghee
- 1 tsp crushed garlic
- 1 tsp crushed ginger
- 1 cup (250 ml) crushed tomato
- 1 tsp Himalayan salt
- ½ tsp turmeric powder
- ½ tsp ground cumin powder
- ½ tsp ground coriander powder
- ½ tsp cayenne pepper (optional)
- Juice from 1 lemon
- ¼ to ½ cup coconut milk (optional)

## PROCESS

In a large pot, melt coconut oil or ghee and sauté onions until translucent. Add chopped cauliflower and crushed tomatoes to the pot and stir to combine. Add spices, except for lemon, and let simmer on low to medium heat for 20 minutes or until cauliflower is cooked. Add red lentils (drain water) and lemon juice and stir to combine.

Add coconut milk if you want a creamy curry and let simmer for another 10 minutes on low heat. Serve with any side dish!