Lemony Lentil, Potato & Pea Curry

Lemony Lentil, Potato & Pea Curry:

Serves: 3-4 (depending on sides)

Ingredients:
- 1/2C Puy lentils (green or brown would be fine too but Puy hold their shape a little better)
- 1C Vegetable broth/water
- 3/4C Peas (I used frozen)
- 1 1/2C Peeled potatoes, diced into 1" chunks
- 1/2T Coconut oil
- 1/2 Onion, diced
- 2 Cloves of garlic, minced
- 1" Ginger, minced
- 1/2t Curry powder

Recipe from coconutandberries.com

http://coconutandberries.com/2013/10/13/lemony-lentil-potato-pea-curry/

- 1/2t Ground cumin
- 1/2t Turmeric
- 1T Lemon juice
- 1T Tamari
- Chopped fresh coriander/cilantro to serve (optional)

Method:

Bring lentils and broth to boil in a small pan, allow to simmer for approx 25 minutes, covered, until all the liquid is absorbed. Remove from heat, add peas and re-cover, to allow the heat to cook the peas through.

Meanwhile, boil the potatoes for approx 15 minutes, until just soft. Drain and set aside.

Sauté onion in coconut oil for 5 minutes, until translucent. Add garlic, ginger and spices and continue to cook for another couple of minutes, stirring, to toast the spices. Add the potatoes, lentils and peas and give a good stir to coat everything in the spice mixture. Finally add lemon and tamari, stir again to combine.

Sprinkle with fresh coriander to serve.