

Red Lentils & Okra Yellow Curry

Serves 2

1/2 cup red lentils
1 cup okra, chopped
2 T neutral oil
1 small onion, small diced (about 1/2 cup)
2 cloves garlic, chopped
2 tsp yellow curry powder
1/2 inch ginger nub, sliced
1/2 T tomato paste
1 cup water
1/2 cup (full fat) coconut milk
salt to taste
thai chili peppers (or peppers of your choice) chopped, for garnish (optional)

Wash lentils submerged under water and pick out any debris that floats on top of water. In a sauté pan, heat about oil over medium heat. Add the onion and garlic and sauté until transparent. Add the curry powder and ginger, cook until fragrant, about 30 seconds. Stir in tomato paste and water until evenly mixed, then add lentils and bring to a boil. Lower the heat to a simmer and partially cover the pan, and cook for about 10-12 minutes, stirring periodically. Add the coconut milk and okra to the lentils, and cook for about 5 minutes or until the okra is fork tender and the lentils are fully cooked. Season to taste with salt. Garnish with a sprinkling of fresh cilantro and chilies, and serve with a bed of basmati rice and/or naan bread.

Recipe by Ilene Rouamvongsor



ATLANTA BOTANICAL GARDEN