



LENTIL CURRY

Ingredients:

- 200G RED LENTILS
- 1 WHITE ONION
- VEGGIES OF CHOICE
- 3 CLOVES GARLIC
- 1 CAN CHOPPED TOMATOES
- 1 CAN COCONUT MILK
- 1 TBS CUMIN
- 1 TBS CURRY POWDER
- 1 TBS TURMERIC
- 1 TSP GROUND CORIANDER
- 1 TSP GINGER

Method

- IN A LARGE PAN HEAT UP 2 TBS OLIVE OIL UNTIL SIZZLING.
- ADD FINELY CHOPPED ONION, GARLIC & VEGGIES OF CHOICE. COOK ON A HIGH HEAT FOR ABOUT 5MINS UNTIL GOLDEN BROWN.
- ADD THE CAN OF TOMATOES, DRY SPICES & 3 CUPS OF WATER, STIR UNTIL WELL COMBINED.
- ADD THE LENTILS & COOK ON A MEDIUM HEAT FOR 10MINS.
- ADD THE COCONUT MILK & SIMMER FOR 20MINS UNTIL THICK AND BUBBLING.

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Nutritional Information

LENTILS - LENTILS ARE LOW IN CALORIES, RICH IN IRON & FOLATE & AN EXCELLENT SOURCE OF PROTEIN. THEY PACK HEALTH-PROMOTING POLYPHENOLS & MAY REDUCE SEVERAL HEART DISEASE RISK FACTORS.

ONION - CONTAIN ANTIOXIDANTS & COMPOUNDS THAT FIGHT INFLAMMATION, DECREASE TRIGLYCERIDES & REDUCE CHOLESTEROL LEVELS — ALL OF WHICH MAY LOWER HEART DISEASE RISK. THEIR POTENT ANTI-INFLAMMATORY PROPERTIES MAY ALSO HELP REDUCE HIGH BLOOD PRESSURE & PROTECT AGAINST BLOOD CLOTS.

GARLIC - THE COMBINED EFFECTS ON REDUCING CHOLESTEROL AND BLOOD PRESSURE, AS WELL AS THE ANTIOXIDANT PROPERTIES, MAY REDUCE THE RISK OF COMMON BRAIN DISEASES LIKE ALZHEIMER'S DISEASE & DEMENTIA. GARLIC ALSO CONTAINS ANTIOXIDANTS THAT PROTECT AGAINST CELL DAMAGE AND AGEING.

TOMATOES - TOMATOES ARE THE MAJOR DIETARY SOURCE OF THE ANTIOXIDANT LYCOPENE, WHICH HAS BEEN LINKED TO MANY HEALTH BENEFITS, INCLUDING REDUCED RISK OF HEART DISEASE AND CANCER. THEY ARE ALSO A GREAT SOURCE OF VITAMIN C, POTASSIUM, FOLATE, AND VITAMIN K.

COCONUT MILK - COCONUT MILK CONTAINS MEDIUM-CHAIN TRIGLYCERIDES (MCTs), WHICH RESEARCHERS HAVE LINKED WITH WEIGHT LOSS & HEART HEALTH.

CUMIN - CONTAINS ANTIOXIDANTS, HAS ANTICANCER PROPERTIES, HELPS CONTROL BLOOD SUGAR, FIGHTS BACTERIA AND PARASITES, HAS AN ANTI-INFLAMMATORY EFFECT, MAY HELP LOWER CHOLESTEROL & AIDS IN WEIGHT LOSS.

TURMERIC - A NATURAL ANTI-INFLAMMATORY, A POWERFUL ANTIOXIDANT, HAS ANTI-CANCER EFFECTS, MAY HELP WITH SKIN CONDITIONS, POWERFUL TOOL FOR COGNITION AND BRAIN FUNCTION.

GINGER - FIGHTS GERMS, KEEPS YOUR MOUTH HEALTHY, CALMS NAUSEA, SOOTHES SORE MUSCLES, EASES ARTHRITIS SYMPTOMS, CURBS CANCER GROWTH, LOWERS BLOOD SUGAR, EASES PERIOD PAINS.