

Serves	4
Prep Time	5 mins
Cooking Time	25 mins

THAI GREEN RED LENTIL CURRY

Ingredients:

- 1 large, finely chopped onion
- 1 cup dried red lentils (rinsed in a sieve under running water)
- 3 cups of chicken or vegetable stock
- 1 400ml can of light coconut milk (a bit healthier)
- 200g green beans, trimmed and washed
- 35g fresh coriander (including stalks)
- Spray oil or 1 tbsp oil for frying
- 1-2 tbs Thai green curry paste or follow instructions on the brand you are using
- 2 green chillis or 1 tsp lazy chilli (more or less for your spice preference)

Method:

Blend the stock, coconut milk and coriander. (I used a hand blender and a large jug.)

Preheat the oil in a pan over a medium heat before cooking the onion for 5 minutes. Add the chilli and stir to cook for a further 2 minutes.

Stir in the blended stock, coconut milk and coriander. Add the rinsed red lentils, stir and bring to the boil before covering and allowing to simmer for 15-20 minutes until the lentils are soft. Stir occasionally and add a little more water if too thick.

Add the chopped green beans to the curry for the last 3-4 minutes and serve rice and anything else you fancy such as papadums or naan bread.

