

Lentils With Spinach

ingredients:

1. Dried red lentils 1 1/2 cups
2. Olive oil
3. Onions 1 big size
4. Ginger peeled and grated 1
tablespoon
5. Garam masala 1 tablespoon
6. Ground turmeric 1 teaspoon
7. Red pepper flakes 1/2 teaspoon

8. Can tomatoes 1 can

9. Coconut milk 1 can

10. Vegetables broth

11. Spinach

12. Salt

preparation:

1. In a pot, saute the chopped onion in the olive oil for 5 minutes or until golden brown then add the garlic and ginger. Stir until fragrant.

2. Add the garam masala, turmeric and red pepper flakes. Add a little water if it is dry.

3. Add the lentils, canned tomatoes, coconut milk and vegetables broth. Stir well and bring to a boil. lower the fire and simmer for about 25 minutes or until the lentils are soft.

Add the spinach and lemon juice and stir well until the spinach is cooked. Add salt and pepper to taste.