Creamy Coconut & Red Lentil Curry

Prep: 7 minutes • Cook: 23 minutes

A lush, 30-minute coconut curry where tender red lentils melt into a creamy, spiced sauce, lifted by fresh ginger and cilantro. Cozy, hearty, and naturally vegan and gluten-free with a gentle warmth and vibrant aromatics.

Ingredients

- 1 small yellow onion (diced)
- 3 cloves garlic (minced)
- 1 tablespoon ginger (finely minced)
- 1/2 bunch cilantro (chopped; stems and leaves divided)
- 1 tablespoon salt-free curry powder
- 1/4 to 1/2 teaspoon cayenne pepper (optional)
- 1 1/2 cups (309 g) red lentils (dry) (rinsed)
- 1 (13.5 oz / 398 ml) can full-fat coconut milk
- 2 cups (470 ml) low-sodium vegetable broth
- 2 cups water
- as desired cooked basmati or jasmine rice (for serving (optional))
- as desired naan or roti (for serving (optional))

Instructions

1. Bring a large saucepan to medium heat and add a splash of vegetable broth or neutral cooking oil.

2. Add the diced onion and sauté until translucent, 3 to 5 minutes.

3. Add the garlic, ginger, and chopped cilantro stems; sauté 1 to 2 minutes. Stir in the curry powder and cook 1 minute until fragrant.

4. Rinse the red lentils briefly, then add them to the pan along with the coconut milk, vegetable broth, and water; stir to combine.

5. Bring to a boil over high heat, then reduce to medium-low and simmer 18 to 20 minutes, stirring occasionally, until the lentils are tender and the curry is creamy.

6. Serve warm topped with reserved cilantro leaves and with rice or flatbread as desired. Leftovers keep refrigerated up to 5 days or frozen up to 1 month.

Tags: Vegan, Gluten Free, Curry, Lentils, 30 Minute, Stovetop