

# Lentil Curry

One of the most popular recipes from our instant pot book! Easy to make and packed with protein from plants.

Prep:  
**10 minutes**

Cook:  
**20 minutes**

Ready In:  
**30 minutes**

Servings:  
**8**



## Ingredients

- 1/2 yellow onion, diced
- 3-4 cloves garlic, minced
- 1 cup green lentils, rinsed and drained
- 1 cup red lentils, rinsed and drained
- 2 cups cauliflower, chopped
- 2 cups sweet potato, peeled and chopped
- 3 tbsp curry powder
- 2 cups water
- 1 tsp salt
- 1 14oz can full fat coconut milk
- 4 cups spinach

## Instructions

**1** Instant pot directions - Set your instant pot to the saute function and either add a little water or coconut oil into the pan. Add your garlic and onions and saute about 5 minutes or until lightly browned. Turn off the instant pot and add in your lentils, water, cauliflower, sweet potato, spices, salt and coconut milk and stir. Put the lid back on and set to 15 minutes manual, sealed. Let naturally release and add in your spinach while its hot so it can wilt. Serve over rice or with steamed veggies.

**2** Stovetop directions - In a large saucepan over medium heat add a little water or coconut oil into the pan. Add your garlic and onions and saute about 5 minutes or until lightly browned. Next add in your lentils, water, cauliflower, sweet potato, spices, salt and coconut milk and stir. Put the lid back on bring to a boil, reduce heat to a simmer, cover and cook for 30 minutes. At the very end add in your spinach for just a few minutes so it can wilt. Serve over rice or with steamed veggies.