



**Dinner recipe.**

## **Red curry with coconut and lentils**

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## **Preparation.**

1. Put the lentils and broth cube in a ziplock.
2. Stick the garlic and ginger in another bag.
3. The coconut cream, tomato and red curry go in a bag together.

## **Instructions.**

4. Cold soak the red lentils with stock cube for 90 minutes in a cup of water.
  5. Put 1/2 cup of water in your pot with the coconut cream bag and garlic bag.
  6. Bring to a boil while stirring and cook for a minute.
  7. Add the cold soaked lentils and cook for another 3 minutes.
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## **Ingredients.**

- Dried red split lentils, 3.5oz(100gr) 370kcal
- Coconut cream, 1.75oz(50gr) 340kcal
- Tomato paste, 1oz(30gr) 32kcal
- Red curry paste, 0.7oz(20gr) 12kcal
- 1/2 cube vegetable stock, 0.25oz(7gr) 19kcal
- 1/2tsp freeze dried garlic, 0.035oz(1gr) 4kcal
- 1/2tsp dried ginger, 0.035oz(1gr) 3kcal

**7.27oz(209gr) 780kcal**

**kcal/oz=107.3**