



## Thai Cauliflower & Sweet Potato Curry

4 servings

35 minutes

### Ingredients

- 1/2 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, grated or minced)
- 1/4 cup Water
- 2 tbsps Thai Red Curry Paste
- 1 1/2 cups Organic Vegetable Broth
- 1 cup Organic Coconut Milk (full fat, from the can)
- 1/2 cup Dry Red Lentils
- 1 head Cauliflower (small, chopped into florets)
- 1 Sweet Potato (medium-sized, peeled and cut into cubes)
- 1/4 cup Cilantro (chopped, optional for garnish)

### Directions

- 1 Heat a large pot over medium heat. Add the onion, garlic, ginger and water and cook until the onions are just tender and water has evaporated, about 3 to 5 minutes.
- 2 Add the curry paste and stir to combine with the onion mixture. Stir in the broth and coconut milk. Add in the lentils and cook for 8 to 10 minutes until the lentils are just tender, stirring often.
- 3 Add the cauliflower and sweet potato to the pot. Stir to combine then cover with a lid and reduce the heat to medium-low. Cook for 15 to 20 minutes or until the vegetables are tender, stirring often.
- 4 Season with additional salt if needed and divide between bowls. Top with cilantro, if using, and enjoy.

### Notes

**Leftovers,** Refrigerate in an airtight container for up to five days.

**Serving Size,** One serving is approximately 2 cups of curry.

**More Flavor,** Stir in lime juice and serve with extra lime wedges and cilantro. For a spicier curry, add more curry paste or serve with hot sauce.

**Serve it With,** Serve with brown or jasmine rice, quinoa, rice noodles or cauliflower rice.