

Curry in a hurry with protinella



Up to 30
min.



Simple



Vegetarian



Zubereitung

1. Heat the coconut oil in a large, high-sided pan and sauté the chopped onions for 2-3 minutes over a medium heat until translucent.
2. Add the garlic and ginger and sauté.
3. Then add all the other spices, including the lentils, to the pan.
4. Then deglaze with the vegetable stock, stir and simmer for a further 8-10 minutes with the lid on.
5. Now add the coconut milk and the strained tomatoes and cook for another 5-10 minutes (the lentils should now be cooked)
6. Finally, season to taste with salt, pepper and lime juice.
7. Pour the curry into a bowl, place the protinella in the centre and garnish with peanuts.

Zutaten

- 1 tbsp coconut oil for frying
- 2 red onions diced
- 4 garlic cloves chopped
- 3 tsp grated ginger
- 1 tsp turmeric
- 1 tsp chilli flakes
- 2 tsp cumin
- 1 tsp red paprika powder hot
- 1 tsp sweet red paprika powder
- 300 g red lentils
- 750 ml vegetable stock
- 250 ml coconut milk
- 250 ml strained tomatoes
- Salt and pepper to taste
- 3 tbsp lime juice
- 1 packet of GOLDSTEIG Protinella ball
- ½ handful of peanuts