

CARROT LENTIL DAHL

Ingredients:

- 2 tbsp. avocado oil
- 2 inch piece ginger, grated
- 2 tsp. cinnamon
- 2 tsp. turmeric
- 1.5 tsp. cumin
- 1.5 tsp. coriander
- 2 cans coconut milk
- 3 cups bone broth (or veg broth if vegan)
- 1 cup uncooked red lentils
- 12 carrots, grated
- Juice of 1 lemon
- 2 cups spinach
- Salt and pepper to taste

OPTIONAL GARNISH:

- Cilantro
- Sprouts
- Avocado

Directions:

Heat oil in a large pot over medium heat. Add ginger and the spices – sautee until a thick paste forms (about 1 minute). Stir in coconut milk and broth. Then add the lentils and carrots and bring to a boil. Reduce heat to a simmer and cover for 20-30 minutes (until lentils are cooked through). Stir in the lemon juice and serve warm over spinach so it wilts through the dahl. Top with desired garnishes and enjoy!

Nourishing Tip

Lentils are a powerhouse in the plant based world. They contain a whopping 17.9 grams of protein per cup (cooked) and are quite beneficial for our digestive health. Lentils are packed with insoluble fibre, which can help prevent constipation and help keep you full for extended periods of time, which can contribute to healthy weight management.