

# Mango Red Lentil Curry



*This vegetarian curry is like sunshine in a bowl - full of warm spices with a dose of sweetness and a Vitamin C boost from fresh mango!*

|                                   |                                   |                                    |
|-----------------------------------|-----------------------------------|------------------------------------|
| <b>YIELD</b><br><b>7 SERVINGS</b> | <b>PREP TIME</b><br><b>10 MIN</b> | <b>TOTAL TIME</b><br><b>35 MIN</b> |
|-----------------------------------|-----------------------------------|------------------------------------|

## INGREDIENTS

|                 |                                                  |
|-----------------|--------------------------------------------------|
| 1 Tbsp          | Olive Oil                                        |
| 1 medium        | Onion, diced                                     |
| 1 medium        | Red Bell Pepper, diced                           |
| 2 cloves        | Garlic, minced                                   |
| 2 Tbsp          | Ginger, grated or minced                         |
| 1 Tbsp          | Curry Powder                                     |
| 1 tsp           | Cinnamon, ground                                 |
| ½ tsp           | Kosher Salt                                      |
| 1 cup           | Crushed Tomatoes                                 |
| 1 (13.5 oz) can | Light Coconut Milk                               |
| 2 cups          | Water                                            |
| 1 cup           | Red Lentils                                      |
| 8 oz            | Sweet Potato, small dice (about 1 medium potato) |
| 1 each          | Mango, peeled and diced                          |
| ½ cup           | Cilantro, chopped, <u>divided</u>                |
| 1 each          | Lime, cut into wedges                            |

## CHEF'S NOTES

If you like a spicy curry, feel free to add a little black pepper, crushed red pepper, or a pinch of cayenne with the other spices.

Red lentils make for easy dinners because they cook quickly and have a mild flavor with plenty of fiber and plant-based protein. They don't hold their shape like brown or green lentils, so their creamy texture is perfect for curries and soups.

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Heat a medium saucepot over medium-high heat. Once hot, add the oil and then add the onion and bell pepper. Cook until lightly browned and translucent, about 2-4 minutes.
3. Add the garlic and ginger, stirring constantly, until fragrant, about 30-60 seconds.
4. Add the spices and salt and stir to coat the vegetables, allowing the spices to lightly toast, about another 30-60 seconds.
5. Add the crushed tomatoes. Using a wooden spoon, scrape up any brown bits stuck to the bottom of the pot.
6. Add the coconut milk, water, lentils, and sweet potato, stirring to combine. Bring to a boil then cover and reduce to a simmer. Simmer for about 10-12 minutes, until the lentils and potatoes are soft.

7. Add the mango and cook on low, uncovered, allowing the mango to soften, about 2-4 minutes.
8. Remove from the heat and stir in ¼ cup chopped cilantro. Serve over your favorite whole grain topped with additional cilantro and a lime wedge for squeezing.

| <b>Nutrition Facts</b>        |                     |
|-------------------------------|---------------------|
| 7 servings per container      |                     |
| <b>Serving size</b>           | <b>1 cup (332g)</b> |
| <b>Amount Per Serving</b>     |                     |
| <b>Calories</b>               | <b>210</b>          |
| <b>% Daily Value*</b>         |                     |
| <b>Total Fat</b> 9g           | <b>12%</b>          |
| Saturated Fat 6g              | <b>30%</b>          |
| <i>Trans</i> Fat 0g           |                     |
| <b>Cholesterol</b> 0mg        | <b>0%</b>           |
| <b>Sodium</b> 230mg           | <b>10%</b>          |
| <b>Total Carbohydrate</b> 29g | <b>11%</b>          |
| Dietary Fiber 5g              | <b>18%</b>          |
| Total Sugars 12g              |                     |
| Includes 0g Added Sugars      | <b>0%</b>           |
| <b>Protein</b> 6g             | <b>12%</b>          |
| Vitamin D 0mcg                | 0%                  |
| Calcium 50mg                  | 4%                  |
| Iron 1.7mg                    | 10%                 |
| Potassium 540mg               | 10%                 |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Mango.org*, "Mango Lentil Curry" (2021)



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